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THE PORTUGAL News

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Quarry worries deepen

Residents of Santa Catarina da Fonte do Bispo are up in arms over a mammoth quarry that has begun to take shape less than one kilometre from a popular local bowling club and on the doorstep of several countryside villas, radically altering the stunning rural landscape beneath what is believed to be the Algarve's only aquifer. (See Page 3)

Portugal faces new EU car tax battle

The European Commission has this week called on Portugal to modify its provisions regarding annual circulation tax for motor vehicles. (See Page 7)

Portuguese say life is worse now than 5 years ago

While Europeans are broadly satisfied with their lives, despite obvious concerns over their future economic and social situation, Portuguese are widely dissatisfied with their current lot in life, an EU study published earlier this week has found. (See Page 11)

Braga beats Sporting to keep lead

Sporting de Braga managed to tame the 'Lions' last weekend to maintain their lead in the Liga Sagres. However they were overtaken on Wednesday evening after Benfica beat União Leiria 3-0. (See Page 56)

Weekend weather

Lisbon: The capital will be mostly sunny this weekend with a few rain drops expected late on Sunday. More rain is expected later in the week, which will be accompanied by strong winds on Wednesday.
Faro: The Algarve will record mostly sunny skies on Saturday, before becoming cloudier on Sunday. Thermometers are set to climb to an average of around 17° in the coming week, while some rain is forecast for next Wednesday.

Oporto: The North will be partly cloudy and cool this weekend with rain forecast to start falling from Sunday lasting until Wednesday.

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Radical anti-corruption laws presented by Government front-benchers fall on deaf ears



Full Story, see page 2

Prime Minister José Sócrates, accompanied by Socialist Chief Whip Francisco Assis, pictured here last December in a pose which would have epitomised his reaction to news that leading members of his party were ready to present a law which would have had far-reaching effects on Portuguese society without consulting him first. (Photo: Lusa/ Luís Forra)

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US President to visit Portugal this year



President Barack Obama, is to visit Portugal this year alongside other international heads of state in November to participate in the NATO summit which will be held for the first time in Portugal.

Even though the summit will only take place nine months from now, on November 19th and 20th, high-level security measures are already being organised for the dignitaries' visit.

Around 28 member states of the Atlantic Alliance will be in Portugal for the summit.

The exact location for the meeting has not yet been revealed, though it will reportedly be a 'public space in which road and air traffic can be controlled'.

The dignitaries' aircraft are expected to land at Lisbon's main Portela Airport, though some may leave Portugal from the Figo Maduro Airport.

They will be accommodated in hotels as close as possible to the summit's location.

And as security measures are being drawn up, so is action from activists. According to Portuguese newspaper 'Avante!' which is published by communist party PCP, a mega-protest is being organised by various organizations, that will reportedly join together in a mass demonstration at the time of the international meeting.

Photo: President Barack Obama delivers remarks and takes questions from the Senate Democratic Policy Committee Issues Conference at the Newseum in Washington, D.C., USA, on Wednesday. (Photo: EPA/Ron Sachs)

Parliamentary circus



A revolutionary proposal presented by three rogue front-benchers from the ruling Socialist Party has this week caused a ripple effect that quickly transcended the walls of Parliament. The controversial law decree, which was intended to come into effect this summer, would have seen the annual gross income of every taxpayer in Portugal posted on a massive public database that would have been available to anyone with access to the Internet.

There were deep sighs of relief in offices across the country this week as it emerged a law making taxpayers' earnings public had been unceremoniously quashed.

Under the proposal, presented by Strecht Ribeiro, Afonso Candal and Mota Andrade, the gross earnings of taxpayers would be posted on the Internet allowing fellow citizens the opportunity to scrutinise the sincerity of total earnings found in any single tax declaration.

Under the proposal, only final totals would have been included, and there would have been no public access from where these earnings had been obtained.

A number of company directors contacted by *The Portugal News*, when details of this proposal first emerged, expressed concern at the implications it would have had on office environ-

ments across the country, with employees being placed in a position to demand similar or better earnings than co-workers.

Perhaps bearing issues such as these in mind, the ruling Socialists' Chief Whip moved swiftly to have the proposal shelved.

Francisco Assis even went as far as admitting that neither he nor the Prime Minister had any knowledge of the controversial proposal, further stressing his complete disagreement with its contents.

"My discord in relation to this proposal goes as far as guaranteeing that while I remain the Chief Whip, it will not be presented by the Socialist Party", Francisco Assis told reporters in the corridors of Parliament.

It appears a major reshuffle has been averted, and none of the three MPs will be made to pay

with their jobs for these "indiscretions".

But in later comments, both Strecht Ribeiro and Mota Andrade said they stood by the contents contained within their proposal, even though it will not be tabled by the party they currently represent.

"The Chief Whip has a point of view, and we have another. This proposal is our contribution, and it does not mean that the party has to accept it", they were reported as telling *Público* newspaper on Thursday.

The three front-benchers compiled this proposal as part of the Government's long-standing attempts to create a commission to combat corruption.

Under current terms, the public is permitted access to the earnings of civil servants, and it is on this basis that the law proposal

was presented.

The lifting of bank secrecy has been a long-standing thorn in the side of the Socialist Government, though a proposal by the opposition Communists could come into force later this year as the majority of MPs have vouched their support.

The new law will result in the relaxing of bank secrecy laws, but only in the event of the chief of the country's tax administration or the head of the customs authority presenting what is deemed to be a sound foundation for gaining total access to the financial accounts and records of a taxpayer being investigated.

It appears that this expected law change satisfies the current Socialist hierarchy, and that any other losses in freedom by taxpayers have been averted, at least for the time being.

Quarry worries deepen

Residents of Santa Catarina da Fonte do Bispo are up in arms over a mammoth quarry that has begun to take shape less than one kilometre from a popular local bowling club and on the doorstep of several countryside villas, radically altering the stunning rural landscape beneath which flows what is believed to be the Algarve's only aquifer.

At the core of the heated debate seems to be the fact that ten years ago, when rumours of a quarry in Cerro Leiria first emerged, its go-ahead was successfully deterred following the damning conclusions of an Environmental Impact Study.

In 2000, locals formed environmental group Probaal to stop the quarry from materialising.

Their insistence, which included a petition comprising thousands of signatures being handed over to the then-Environmental Minister José Sócrates (now Prime Minister), resulted in an EC investigation that found the quarry had failed to be fully licensed.

Now, despite being located on land whose exact classification remains unconfirmed - though is believed to be REN land - and being overlooked by at least a handful of private homes, a licence was issued by Távira Town Hall for the quarry's exploration in June last year.

A second letter from the recently re-formed Probaal was sent to the EC on January 30th this year asking that the situation be re-investigated.

Locals say they only discovered the quarry had been given the green light when unexpected on-site development started up just days after the municipal elections in October last year.

A letter from Probaal, underwritten by the Association's president Dr. Maria do Carmo Sennfeldt, explains: "The EC investigated the complaint and replied in 2001 stating that the quarry project was not approved because of a negative Impact Assessment". It continued: "Recently, after some ten years, the

contractor, Tecnovia, has recommenced work developing the quarry much to the anger of local residents.

"In discussions with Távira council and Tecnovia it would appear that through some sleight of hand part of the area has been declassified as an area of protection to allow the quarry to go ahead".

Probaal claims that Tecnovia owns approximately 100 hectares of land, but as yet only five hectares have been declassified.

"The concern is that more land will be released from protection in small parcels for exploitation, thereby getting round the intent of the regulations", the letter reads.

In response to these claims Távira Town Hall Press Officer Dr. José Graça, told **The Portugal News** "That area is not a 'protected area' as in *Parque Natural, Reserva Natural* or *Area Natural*. Its classification can be deactivated".

Before going to press the precise grading of the land was not confirmed.

"Távira Town Hall issued the licence after positive input from the CCDR [Committee for Regional Development and Coordination], the Environmental Institute, and the Regional Economy Board", Dr. Graça stressed, adding that, while this all took place during former Mayor Macário Correia's mandate, following the recent backlash from the local residents, "the licence is in a phase of reconsideration".

He also said that the quarry's activation had been put through a phase of public consultation, "In 2008 or 2009, for around one month", though knowledge of this is vehemently refuted by the local population.

Dr. Maria do Carmo told **The Portugal News**, "Unfortunately we knew nothing about the public consultation. We spoke to the then Mayor [Macário Correia] and got the impression that it had either been, or was in the process of being licensed".

Of the public consultation procedure, she lamented: "They hang a notice in the Town Hall's lobby and people never know it's there - they don't publicise it in any way and things get passed because of this".

Explaining her greatest qualm, Maria do Carmo said "How, after the project was initially refuted 10 years ago because of being on protected land and because of the aquifer, can that change now?"

The aquifer is believed to be the only one of its kind in the Algarve and extends from Santa Catarina to Moncarapacho. Concerns are that should the quarrying continue, the water will become contaminated and compromise public health.

On the local parish hall's website, Cerro Leiria, is listed as a 'Space of Nature and Leisure'.

It encourages visitors to "relax with a game of bowl on the greens of the Távira County Lawn Bowling Club".

Soon, if the quarry remains active, explosions, large-scale rock-excavation and crushing will regularly be taking place less than one kilometre from one of the region's most popular meeting points and just hundreds of metres from the nearest home.

Attempts to contact former Távira Mayor Macário Correia, who is now Mayor of Faro, during the course of the week, were unsuccessful.



Above: A sign that went up in recent weeks, depicting warnings of explosions and forbidding non-authorised people from entering the site, amongst others, under full view of the nearest home. Below: A local stands in the quarry, giving a notion of its size so far.

Airports failing to comply with international laws

Despite being activated more than three years ago, a set of international certification laws that were implemented in May 2007 and affect all aerodromes and airports are still not being carried out to the full in Portugal, even by large airports such as Lisbon, Faro and Oporto, media reports claimed this week.

In theory the non-compliance with these certification laws should in fact legally imply the closure of the airports.

For example, properly certified airport manuals are needed in all seven national airports run by ANA - Airports of Portugal, which include Lisbon, Faro, Oporto and Ponta Delgada (Azores).

These manuals comprise health and safety laws drawn up for each specific airport and must be stamped by the National Institute for Civil Aviation (INAC).

ANA spokesperson Rui Oliveira confirmed that the airports had had the manuals drawn up and that these had been sent off to INAC "some time ago" for approval, but had not yet been sent back.

Portuguese newspaper *O Público* reported that ANA's

manuals were in fact sent off three years ago and were still awaiting validation.

Because of this, the Democratic Syndicate for Airport and Aviation Workers (Sindav) sent a letter to the Ministry for Public Works highlighting "serious doubts" regarding the proper certification of 40 supposedly approved aerodromes on a list published by INAC.

At the time it was implemented aerodromes and heliports were given two years to adjust

their standards to the newly-introduced laws.

The law states that failure to do so will mean all air-related infrastructures will have to reapply for licenses to operate.

However, eight months after that deadline (May 2009) no re-applications have been submitted.

Smaller airports argue lack of financial resources to purchase additional equipment such as permanent ambulances and insurances that are compulsory under the new law.

Police learn English for Papal visit to Fátima

Portuguese GNR paramilitary police are receiving special English lessons to help them assist hundreds of thousands of international visitors expected at the Catholic shrine of Fátima in central Portugal in May, an official said this week.

The local GNR police chief told the *Lusa News Agency* his officers had already begun English classes

a year ago and 70 of them, with ages between 23 and 45 years, had already completed the course. *TPN/Lusa*

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Multi-million investment to boost Algarve tourism



A record-breaking budget of around €7 million has been approved by the Algarve Tourism Association (ATA)'s General Assembly (AG) to promote the Algarve internationally in 2010.

Nuno Aires, president of the Algarve Regional Tourism Entity (ERTA) as well as of the ATA, said that in comparison to 2009, this year's budget had benefitted from an increase of nearly one million euros, though that amount could yet still rise by March this year.

On January 29th ATA's General Assembly approved "the biggest budget ever", which included "€6.75 million to achieve the strategic objectives defined to pro-

mote the region in international markets in 2010", a press release from the Association read.

In 2009 ATA's budget was around €5.8 million.

This year's budget will be put towards creating regional promotional brandings such as 'Image Algarve', 'Sun and Sea', 'Golf', 'Residential Tourism', 'Meeting Industry', 'Culture', 'Health and Well Being', 'Nature', and 'Sport'.

Five angles on which the Al-

garve's promotion is to be based include the diversification of markets, the promotion of new products in niche markets, the capitalisation of new routes to Faro Airport, reinforcing investment in new technologies, and the promotion of concrete actions in cooperation with the region's main tour operators.

The ATA is also celebrating the fact that the Algarve's business network made a decisive contribution to the budget.

Clarification of Malaika rescue

A relative of the ill-fated Malaika yacht crew member who lost his life when he tragically fell overboard during dreadful weather conditions off the Algarvean coast, has contacted **The Portugal News** to clarify details of what happened out at sea.

Contrary to what was published (Portuguese Rescue services aid boat en-route from British Virgin Isles, Edition 1044, January 16th), the Malaika, which sailed under the British Virgin Island flag, left the Marina de Portimão at 15h30, in early January, to begin the ocean crossing via Lanzarote.

According to Ems Schelfhout, whose uncle, 66-year-old Russell Tapp died in the incident (and was not the captain, as stated), "The Malaika had been in Portimão for some time before the tragedy occurred".

"Both the captain and my father, the owner (who likes to be Captain from time to time) have many friends in the Algarve and throughout Portugal", Mr Schelfhout explained, "but it was

not the captain who tragically fell overboard, but a beloved friend, my uncle, Russell Tapp, who was at the time also a crew member".

Reports at the time stated there were five other members on board when the Malaika ran into trouble at sea, 35 miles south of Portimão. The alarm was raised at around 21h35 and a search and rescue operation was immediately dispatched, involving the Portuguese Air Force and Navy.

"The conditions they were in were terrible as they began their search for his body, a squall came up and they were all hit with 50-60knt winds and rather large seas", he said.

Local reports say the swells were as high as two and a half metres.

Mr Schelfhout highly praised the rescue services, which he described as "Absolutely amazing and for which we are all truly grateful and always will be for their incredible efforts and in finding my uncle's body".

Mr Tapp's body was pulled from the sea by an Air Force helicopter hours later, at around 02h15, after being located by a navy corvette.

"P&O's Aurora was on scene in half an hour and helped co-ordinate the search and rescue in combination with local forces. Help could not have been more forthcoming or professional from every source", Mr Schelfhout said.

The Portugal News would like to apologise for any distress caused by this report.

Underground car parks flagged for lack of safety

Consumer rights watchdog DECO has singled out seven of the 23 underground car parks it examined from the regions of Lisbon and Oporto for being unsafe and in need of 'urgent improvements', and has addressed the issue in a letter to the Government in which it asks for the revision of a 2009 law that is a guideline for underground car park safety.

Of the 23 car parks, 17 were given negative markings, and seven were highlighted as being in need of "urgent work" to be made safer.

DECO has asked that the current law regarding underground car parks, which dates from 2009, be revised as it considers it is not stringent enough.

Underground car parks from the Amoreiras, Vasco da Gama, Spacio Shopping, Almada Fórum, Colombo and Alegro Alfragide shopping centres in Lisbon, and the Mar Shopping in Matosinhos were the seven highlighted by the campaigner for consumer rights. Urgent improvements were requested based on recent developments in health and safety requirements for fire outbreaks.

Other "serious flaws" included evacuation routes that were too long and confusing and that lead out onto another parking level or into the shopping centre instead of to the exterior, and the lack of special fire-doors, which separate the car park from stairs and elevators.

In its report DECO highlights fire-doors, lack of them, or the inclusion of inappropriate ones are in fact one of the most serious and

common problems found in underground car parks. It states that in many cases glass doors are used to separate car parks from lifts or escalators, which in the event of a serious fire would explode and shatter, and be no use in preventing the fire from spreading.

Such separators in fact put people's lives in danger, DECO claims.

DECO further states that underground car parks should be divided into smaller areas, using fire-inhibiting walls or doors that can be activated in the event of a fire, so should an outbreak occur it could be easily isolated and contained.

Other problems, though in this case permissible by law, included the non-existence of sprinklers or other automatic water dispensers across car park ceilings. More specifically this was found in the car parks of shopping centres in Restauradores, Marquês de Pombal, Spacio Shopping, Cordoaria, Praça de Lisboa, Norteshopping, GaiaShopping and MaiaShopping, and was considered a serious flaw by DECO as such equipment is mandatory in other countries such as the USA and New Zealand.

The "lack of stringency" in Portuguese law is particularly one of DECO's harshest criticisms and is stressed in the letter sent to the Ministry of Internal Affairs, from which the revision is requested.

Teresa Belchior, coordinator of the study, said that the most recent law "is not stringent enough" and added little to the previous law, which was drawn up in 1995.

The Portugal News launches web based 'Event Calendar'

It happens almost on a weekly basis – two major events being staged at the same time, leaving organisers to count the cost of what could have been a much better-attended event had they only known in advance they would be competing for visitors.

Due to the constant overlapping of events **The Portugal News** has this week launched the Beta (test) version of the new web based Event Calendar.

The primary purpose of this calendar is to help organisers not to clash with other events, and to help people locate events they may wish to attend.

The calendar is also aimed at helping residents and visitors to Portugal grab a glimpse of what events lie ahead by visiting the extremely user-friendly www.the-news.net website and click on the logo on the left hand side of the screen.

Adding an event is free. Organisers of all types of events are encouraged to list their event as soon as possible to help this become a really useful tool for other people, and of course, potential visitors.

The site allows visitors to look up to two years in advance as to what events they can look forward to, and also which dates event organisers should look to avoid so as not to clash.

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Portugal amongst forerunners of environmental management



Experts from the North-American universities of Colombia and Yale have rated Portugal as being amongst the world's top 20 countries regarding environmental management; Portugal took 19th place out of 163 countries that were evaluated in the Environmental Performance Index (EPI).

Achieving high ratings for its policies concerning forestry, water and fisheries, but not performing so well in its policies for tackling air pollution and its effects on the ecosystem, Portugal was assessed on 25 different aspects of

environmental performance.

These key aspects were divided into ten categories, including environmental health, air quality, water management, biodiversity, forests, agriculture, and climate change.

The results of the survey, carried out by Yale and Columbia university experts, were made public last week in Davos, Switzerland.

Portugal's best results were found in the forestry and fishery categories, where the country was awarded 100 and 97.3 points respectively, on a scale of 0 to 100.

Water policies were another of Portugal's fortes, having achieved an overall mark of 98.6, based on results from key factors such as access to clean water and basic hygiene.

Faring slightly worse were Portugal's policies on air quality, biodiversity and natural habitats, which when compared to other countries results for those categories specifically, were ranked

between 89th and 136th.

In relation to 2008's EPI, Portugal fell by one position this year, but still managed to remain in the second best rated group, between 70 and 85 points, with an overall score of 73 points.

In this year's EPI, Iceland has taken top spot out of the 163 countries, and, according to the experts at Yale and Colombia, is the world's number one country in terms of managing natural resources and pollution problems.

Costa Rica, Sweden, and Norway also scored highly.

At the opposite end of the scale are Togo, Angola, and Mauritius, the Central African Republic and Sierra Leone; a large part of the African continent.

The report concludes that these are "poor countries that do not have any interest in environmental qualities nor the political capability".

At 61st on the list is the USA, which dropped a significant 22 places in relation to the 2008 report, from 39th place.



The process of erecting an Enercon wind turbine tower which reaches a height of 118 metres and weighs around 300 tons. (Photo: Lusa / Estela Silva)

EU unveils revised emission reduction targets

The European Union has this week formalised its support for the Copenhagen Accord on climate change and presented its commitments for emission reduction targets.

In a joint letter with the Spanish Presidency of the Council, the European Commission has formally notified the EU's willingness to be associated with the Accord and submitted for infor-

mation the EU's established greenhouse gas emissions reduction targets for 2020.

These consist of a unilateral commitment to reduce the EU's overall emissions by 20 percent of 1990 levels and a conditional offer to increase this cut to 30 percent provided that other major emitters agree to take on their fair share of a global reduction effort. Under the Accord, notifications are to be submitted by 31 January 2010.

Commission President José Manuel Barroso said following the announcement that "The EU is determined to move ahead rapidly with implementing the Copenhagen Accord in order to make progress towards the agreement that we need to hold global warming below 2°C."

Meanwhile, European Environment Commissioner Stavros Dimas added that "Swift action is needed to make operational key elements of the Accord such as fast-track financing for developing countries, the fight against deforestation and the development and transfer of low carbon technologies."

EU body needed to ensure enforcement of waste law, says EC study



A European Commission study published this week has recommended setting up a dedicated European body to oversee the implementation and enforcement of EU waste laws.

The study is part of a series of steps being taken by the Commission to improve waste management and ensure it meets the standards set by EU legislation to protect citizens and the environment.

Illegal dumping of waste continues on a significant scale, many landfill sites are sub standard and in some member states basic waste infrastructure is still missing.

Illegal waste shipments are also a concern. A second report published today reveals that almost one fifth of waste shipments inspected as part of recent enforcement actions in Member States were illegal.

Environment Commissioner Stavros Dimas said: "Compliance with EU legislation is essential if we are to achieve the overarching goal of EU waste legislation, which is there to protect the health of European citizens and the environment."

"We must look at all the options, including setting up an EU agency or body which would enable EU legislation to deliver the maximum benefits for citizens,

the environment and the EU economy.", the Commissioner concluded.

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Peugeot and Citroen recall vehicles

French car manufacturers Peugeot and Citroen have this week announced they are launching a "preventative recall" of around 100,000 vehicles currently circulating on European roads.

In Portugal, a total of six hundred vehicle owners are to be contacted to bring in their cars for a review.

In a statement, the PSA group announced that some versions of the Peugeot 107 and Citroen C1 could have technical flaws.

This follows an announcement earlier in the week that Toyota is to recall thousands of vehicles due to a malfunctioning accelerator pedal.

The PSA statement meanwhile explained that owners of the affected cars will be receiving a notification via the post to bring in their cars.



Undated handout picture released by French carmakers PSA Peugeot and Citroen unveiling the styling of three compact cars developed jointly with Japan's Toyota. From left are the Peugeot 107, Toyota Aygo, and Citroen C1. The three cars share a common platform and were to be built in Kolin, Czech Republic. (Photo: EPA/PSA Peugeot Citroen, Harald Dawo)

Portugal faces new EU car tax battle

Under the provisions currently in force in Portugal, the annual circulation tax for two similar used cars will be calculated differently depending on whether these cars were registered in Portugal for the first time before or after 1 July 2007.

Cars first registered in Portugal from 1st July 2007 are subject to a generally higher annual circulation tax than those registered before that date, due to a difference in the way the tax is calculated.

The differentiated annual circulation tax system was introduced in Portugal as a part of an overall reform of vehicle taxation, taking the vehicle's polluting capacity indicators as the criteria for determining the tax level. Registration tax on cars was diminished, whereas the annual circulation tax has been raised.

When introducing the new measures, the Portuguese legislator found that it would be unfair for cars registered in Portugal before 1 July 2007, and consequently subject to a higher registration tax, to have to pay the new and higher annual circulation tax.

The Commission, in a statement, said it "appreciates and welcomes the Portuguese authorities' efforts to amend their car taxation legislation in order to take the pollution caused by CO2 emissions into account".

However, as far as the taxation of imported used vehicles is concerned, the EU Court of Justice has held that a car becomes a "domestic car" once it has been imported and placed on the domestic market.

According to the Court of Justice, Article 110 of the Treaty is

infringed when the tax charged on imported cars and that charged on similar domestic cars is calculated in a different manner, on the basis of different criteria, leading to

higher taxes being imposed on the imported product. The Commission believes that this is exactly what is happening in the Portuguese case.

The European Commission has this week called on Portugal to modify its provisions regarding annual circulation tax for motor vehicles. The Commission request was made through a reasoned opinion under the Treaty of the European Union. If the relevant national legislation is not amended in order to comply with the reasoned opinion, the Commission may decide to refer the matter to the European Court of Justice.

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Thousands of nurses staged a protest march against the Finance Ministry in Terreiro do Paço after a meeting in front of the Health Ministry on 29th January. (Photo: Lusa / Mário Cruz)

Cape Verde wants to become EU ultra-peripheral region to get funds

The former Portuguese colony of Cape Verde has told the European Union it is interested in becoming an ultra-peripheral region

of the bloc to become eligible for regional development funds from Brussels, an official said.

José Brito, Cape Verde's for-

eign minister, said in Brussels after talks with top EU officials that the 27-member organisation is "receptive" to Cape Verde's ambition, which is based on the geographical fact that the islands

are in Macaronesia like the Canary Islands, Madeira and the Azores, all classified as ultra-peripheral.

Cape Verde has already negotiated a special partnership accord with the EU that brings the capital Praia a range of advantages in areas like immigration and defence.

TPN/Lusa

Man loses testicles in police shoot-out

A spate of physical attacks carried out by a 31-year old man on a 300-metre stretch of road in Foros da Amora, Seixal, ended late last month after an off-duty police officer shot the man twice in the genitals. The officer says he fired the shots in self-defence.

The disturbances began at a Cepsa petrol station, in Seixal when the man, who has a criminal record, assaulted two young sisters.

Minutes later, the man attacked an elderly man on the same street and broke into a house nearby, assaulting its owner. He then proceeded to the Foros da Amora pharmacy and was being very provocative inside the pharmacy, according to a witness. He stole a lip balm that was on the counter, which was worth €5, and left.

A police officer, who was on sick leave and inside the pharmacy at the time, pursued the criminal as he left the premises and confronted him. It was then that the enraged man tried to stab the off-duty officer with a ten inch blade. The PSP officer pulled out his personal weapon in self-defence and shot the man twice in his groin area.

The wounded criminal was sent straight to the Santa Maria Hospital, at around 9.30pm, for emergency surgery. According to a source, the man lost both his testicles.

Nurses hope Gov't will hike wages to avoid further protest

Last Friday, Portuguese nurses ended three days of protests at Government starting salary proposals with a warning of more radical action if their demands are not met.

Nurses union coordinator José Martins said the Health Ministry is proposing salaries of €1,020 for newly qualified nurses until 2014 and then a rise to €1,200. Unions want €1,500 immediately and if the Government

fails to up its offer a variety of protests will be staged including the closing of operating theatres, said Martins.

Organisers said up to 17,000 nurses took to the capital's streets in what they said would be the sector's biggest protest for decades. Unions said 94 percent of nurses stayed away from work last Thursday, however the Health Ministry putting the figure at 83 percent. TPN/Lusa

HERITY certifies first heritage sites in Portugal

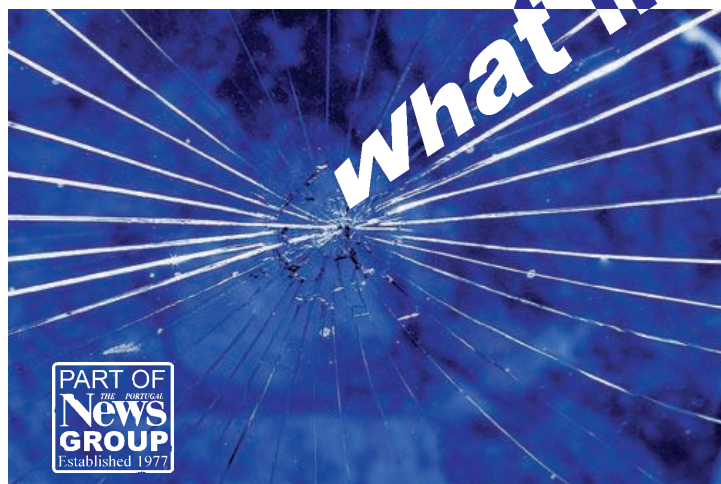
Five monuments in the municipalities of Mação, Abrantes and Vila Nova da Barquinha are currently undergoing the process of certification by HERITY, namely Museu de Arte Pré-Histórica e do Sagrado do Vale do Tejo, in Mação, Biblioteca Municipal António Botto and the Castle in Abrantes, and Centro de Interpretação de Arqueologia do Alto Ribatejo and Centro Cultural de Vila Nova da Barquinha, both in Vila Nova da Barquinha. HERITY is an international organisation for the certification of quality in Heritage Management, recognised by UNESCO (www.herity.it). Its name is an acronym resulting from the union of the words Heritage and Quality.

The certification process involves a rigorous assessment conducted by a team of international experts, with contributions from the administrators of the certified sites and the visiting public. Four key aspects concerning heritage management are being analysed.

They include: the cultural value of certified sites; their conservation; the information transmitted to the public and the quality of the services pro-

vided. The results will be made known in April. They will be useful for showing the stakeholders how they can optimize the management and conservation of the sites and will attract tourism by helping the public to decide which monuments to visit. As explained by Dr. Maurizio Quagliuolo, the General Secretary of HERITY International, each certified monument will be able to display the HERITY symbol (which resembles a target with ratings in each of the four key areas, represented in different colours), which provides ready and easily accessible information when deciding which monuments to visit, making it easier to build travel itineraries.

These three municipalities have come together to request this certification in a pioneer initiative, which will give them more visibility, will be useful for promoting cultural and touristic development in this region and will provide better conditions for restorers to undertake their work. Other sites have been certified by HERITY in countries such as Italy (over 200 sites, many of them having renewed their certification after a period of 3 years), Brazil and Spain.



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Portugal has nearly as many national prostitutes as foreign ones



According to the results of an international network set up to monitor the spread of HIV and other health concerns amongst migrant sex workers, Portugal has almost as many nationals working as prostitutes as it does foreigners, a phenomenon found only in one other European country, the UK.

With the exception of Portugal and the UK, in all other European countries at least 70 percent of sex workers are immigrants, according to the international Tampere 8 study, based on findings from 2008.

Only Chile and Malta did not participate in the study, which was created using data from as-

sociations that give help and support to sex industry workers. Eighty-seven percent of the participants considered in the study were women; seven percent men and six percent transgenders.

In most countries worldwide an average of 70 percent of the countries' prostitutes are immigrants, but in Portugal that percentage is on 56 percent, indicating there are nearly as many Portuguese nationals working in prostitution in this country as there are foreigners.

In the UK only 41 percent of prostitutes are immigrants, the majority of whom (80 percent) work in London.

The report further shows that the influx of prostitutes into Portugal has decreased slightly; in 2006 foreigners made up 60 percent of the industry.

But in Spain, Austria and Luxemburg, immigrants represent between 80 and 90 percent of those working in prostitution.

However, both nationals and foreigners cite the same reason for working in prostitution; economic difficulties. Amongst national prostitutes the greatest vulnerabilities brought on by

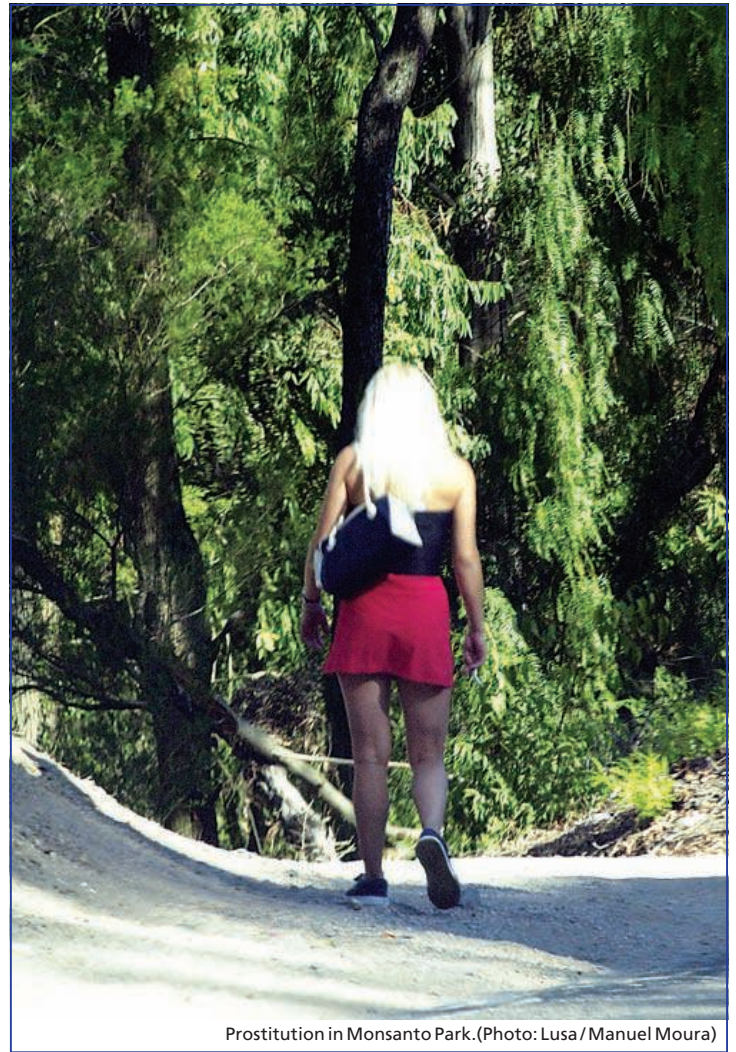
their profession are drug and alcohol abuse, regarding immigrants it is their illegal status in a foreign country.

The Portuguese facet of the report was coordinated by Maria Cecília Eira, who manages the Auto-Estima project, which lends support to sex workers in Portugal.

She revealed that Auto-Estima has just as many Portuguese women seeking its support as it does immigrants, who are mostly Brazilians, a nationality whose presence has boomed in this country and now represents 65 percent of all foreign prostitutes. Eight percent of foreign prostitutes come from Eastern Europe, and seven percent from Central Europe.

Overall 60 different nationalities were found to be working in Portugal's sex industry, which mainly takes place in clubs, private apartments and on the street.

In comparison to other European countries, where the sex industry is better organized, Portugal flags behind, meaning its workers have little or no control over their working conditions, particularly concerning health.



Prostitution in Monsanto Park. (Photo: Lusa / Manuel Moura)

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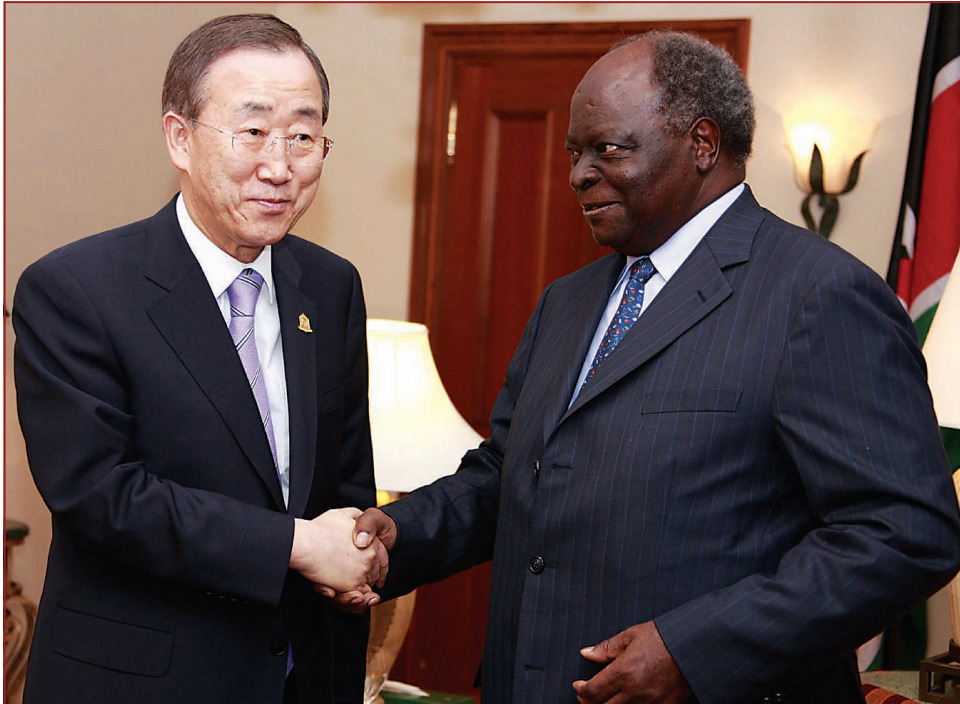
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Africa: The Right to Secede

Ban Ki-moon is not the best Secretary-General the United Nations ever had, but he has grasped the essential nature of his job. The UN is an organisation made up of sovereign states, and their highest priority is the preservation of their own privileges. It is the trade union of the sovereign states of the world, and Ban is their shop steward. Which is why he said what he did last weekend.



Kenyan President Mwai Kibaki (R) meets with the UN Secretary General Ban Ki Moon at his hotel in Addis Ababa before the 14th Africa Union Summit at the United Nations Conference Centre in Addis Ababa, Ethiopia on 31 January. United Nations chief Ban Ki-Moon criticised power-grabs in Africa in a speech to the continent's leaders during the summit in which Libya's Muammar Gaddafi reluctantly handed over the presidency of the 53 member African Union to Malawi. (Photo: EPA/KenyanPPS)

Speaking just before the African Union summit opened in Addis Ababa, the UN Secretary-General declared that both the UN and the AU had a big responsibility "to maintain peace in Sudan and make unity attractive." It is not immediately obvious that "peace" and "unity" are compatible in Sudan, where civil war killed about 2 million people and created 4 million refugees between 1983 and 2005, but Ban was in no doubt about it.

The fighting in Sudan ended in 2005 when the northern-based government and the southern-based rebels signed a Comprehensive Peace Agreement that created a unity government in Khartoum and a separate regional government in the south – and promised the southerners a referendum on secession next year. That promise was what stopped the fighting, and despite many crises and clashes it has held for five years.

Not only that, but the dictator in Khartoum, President (and ex-general) Omar al-Bashir, recently declared yet again that he will respect a southern decision to secede. "The National Congress Party favours unity," he said in December. "But if the result of the referendum is separation, then we in the NCP will be the first to take note of this decision and to support it."

So here is this Korean bureaucrat, Ban Ki-moon, urging African countries to back the unity campaign of the regime in Khartoum – a regime whose leader, President Bashir, is under indictment by the International Criminal Court for the massacres carried out by government-backed militias in Darfur.

What's more, Ban Ki-moon is ultimately in control of the United Nations troops who are stationed in Sudan to guarantee the Comprehensive Peace Agreement. Yet he clearly said which side he backed in the referendum: "We'll work hard to avoid a possible secession." Who does this guy think he is? He knows. He is the shop steward of the Federation of Sovereign States and Allied Trades (also known as the United Nations), and his job is to preserve the rights and privileges of its members. Their most important right, of course, is to keep control of all their territory forever, regardless of the views of the local people.

The African Union is particularly devoted to "preserving the unity" of all its members, because Africa's borders are particularly arbitrary and irrational. If any of the disparate ethnic groups that are trapped together in country A were allowed to secede, then the demand for similar secessions in countries B to Z would become irresistible, or so the African orthodoxy has it.

"No Secessions" was the paramount rule of the old Organisation of African Unity,

and it survived unbroken until Eritrea got its independence from Ethiopia in 1993. That was not an encouraging precedent, since Eritrea and Ethiopia soon ended up at war with each other, and no further secessions have been recognised since then.

But there is another way to look at this, and that is to count the cost of all the wars that have been fought in Africa to prevent secessions. From the Biafran war in Nigeria in the 1960s down through the various secessionist movements in Congo and Ethiopia and on to the breakaway movements in Sudan's south and west (Darfur) today, at least ten million Africans have been killed. For what?

Nobody except some ruling elites would be worse off if the secessions had been allowed to succeed. The Nigerian elite would have somewhat less money to put into its overseas bank accounts, since the oil money would have stayed in the south-east (Biafra), and a new Biafran ruling elite would have bigger Swiss accounts.

Maybe what remained of Nigeria would have split into a Muslim north and a Yoruba-speaking Christian south-west, since without Biafra the country would have become a Muslim-majority state. So what? Maybe everybody would have been happier that way.

Most people will probably be happier if Sudan does split in the referendum planned for January, 2011. Those in the Muslim, Arabic-speaking north would have co-existed peacefully with the various Christian and animist ethnic groups of the south if they had been left to their own devices. However, the northern ruling elite imposed Islamic law to consolidate its power, and the southern elites responded with appeal to ethnic solidarity.

If the south leaves next year, it will take most of the oil with it. That is why the northern elite fought so hard to save "national unity." But the oil still has to go out to the sea through northern territory, so the revenue will still be shared. After two decades of killing, Sudan is broken, and the best solution is independence for the south. Unless Ban Ki-moon and his trade union get their way, in which case the war will resume.



Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

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Portuguese say life is worse now than five years ago



While Europeans are broadly satisfied with their lives, despite obvious concerns over their future economic and social situation, Portuguese are widely dissatisfied with their current lot in life, an EU study published earlier this week has found.

The Eurobarometer survey of the social climate in the European Union found large differences between countries, with people in the Nordic states and the Netherlands generally most satisfied with their personal situation.

The survey forms part of the European Commission's Social Situation Report, also released today, which examines social trends in Europe, this year focusing on housing.

The data obtained for Portugal was retrieved between May and June last year, and found that Portuguese believed they were better off in 2004 than they were in 2009. In addition, Portuguese did not hold high expectations that their lives would improve in the coming 12 months.

According to the Euro barometer survey, the majority of Europeans are satisfied with life in general, giving an average score of +3.2 points (on a scale of -10 to +10).

In Portugal, this value was at a positive 0.5, but remains the sixth lowest across the EU.

There are big differences between member states, with the highest level of satisfaction being reported in Denmark, (+8.0), with Sweden, the Netherlands and Finland also having high levels.

The lowest levels of satisfaction were reported in Bulgaria (-1.9), followed by Hungary, Greece and Romania.

As far as the evolution of their lives the past five years, only Hungarians and Bulgarians believe they are worse off now.

On a scale from -100 to +100, Portugal was rated at -29, considerably more negative than the EU average of -1.

Despite these figures being largely negative for Portugal, Europe was more optimistic.

"It is comforting that despite the difficult economic situation, most Europeans remain satisfied with their lives, although there is some apprehension about the future," said Vladimír Špidla, EU Commissioner for Employment, Social Affairs and Equal Opportunities.

"The report shows once again the importance of our efforts to promote jobs and growth in Europe so as to guarantee people's social well-being in the future. We must continue these efforts as part of our future 2020 strategy to make the EU a smarter and greener social market economy."

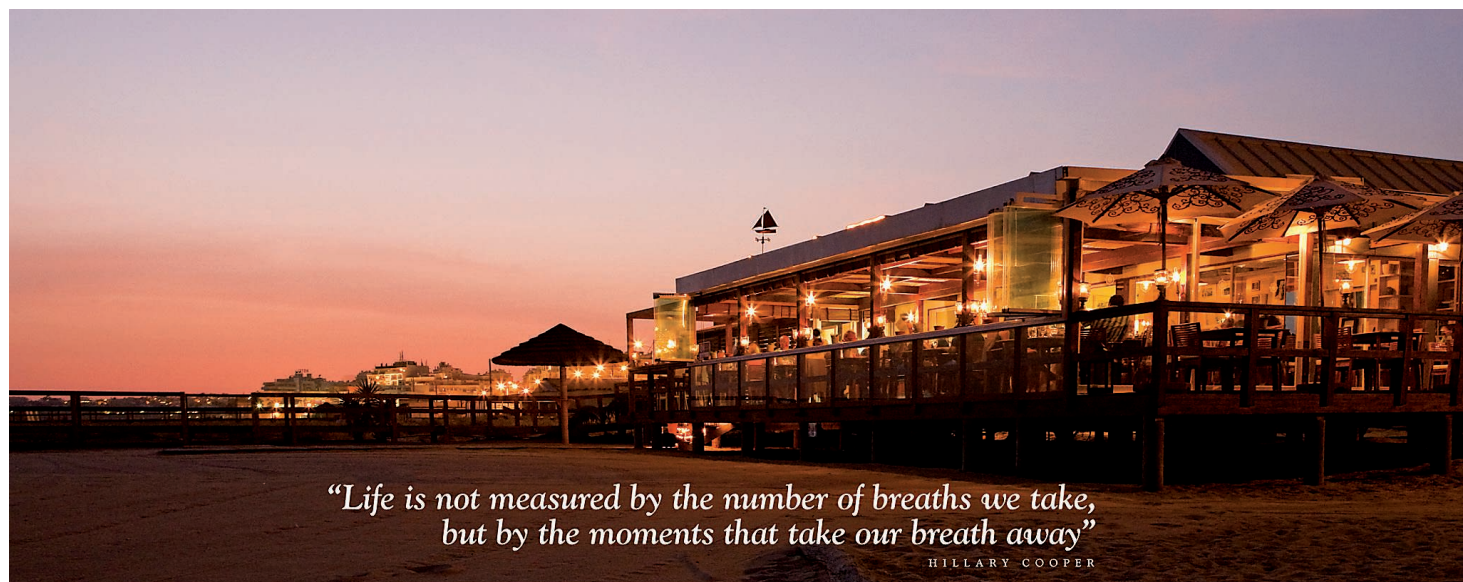
The European Commission's latest annual Social Situation Report also shows that Europeans now spend more of their income on housing costs than they did ten years ago (almost 4 percentage points more), while mortgage debt has increased sharply across the EU.

On average, Europeans spend one-fifth of their disposable income on accommodation. Rent and mortgage payments only make up 30 percent of total housing costs in the EU while the other 70 percent pays for repairs, maintenance and fuel.

This Eurobarometer survey on the social climate is the first in a series of annual surveys to monitor European citizens' subjective well-being.



A woman holds a candle during a march against poverty last December in anticipation of the announcement that the year 2010 would be the European Year to Combat Poverty and Social Exclusion. (Photo: Lusa/João Relvas)



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Study pinpoints Loulé centre as best spot for commercial hub



Photo above: A view of the IKEA store in Matosinhos which was opened to the public on 13th October 2008. (Photo: Lusa / Estela Silva)

UK's offshore tax "amnesty" closes – now a crackdown on the middle class

by Bill Blevins, Financial Correspondent
Blevins Franks

The application period for the UK's second offshore tax "amnesty" – the New Disclosure Opportunity (NDO) – has come to an end. Around 10,000 tax offenders notified the tax authority of their intention to make a disclosure, with a last minute rush of 1,100 people coming forward on the final deadline day.

At its launch HM Revenue & Customs (HMRC) expected the NDO to raise £150 million in 2009/10 and £500 million over four years through 50,000 people owning up to unpaid tax. The UK loses an estimated £3 billion annually through tax evasion.

Commentators have pointed out that the 10,000 response figure was disappointingly low for HMRC, but the tax authority thinks otherwise.

HMRC's Permanent Secretary for Tax, Dave Hartnett, said: "We're definitely not disappointed with 10,000 registrations. It really doesn't matter whether the response is big, small or indifferent because, if people don't disclose, we will investigate and, if we do the investigating, there will be much bigger penalties."

HMRC will examine details of account holders supplied by 308 banks who did not own up under the NDO. Where there is suspicion of tax evasion, account holders are likely to face an in-depth tax investigation with potential penalty of 100% and criminal prosecution. Those owing £25,000 or more in tax can also be publicly named and shamed on HMRC's website.

Taxpayers who didn't step forward under the NDO may first hear that they are in the taxman's sights when a letter from HMRC drops through their letterbox as some banks

did not inform clients that their details may be passed to the tax authority.

Treasury minister, Stephen Timms said: "Hiding money in offshore accounts to evade tax is economically and morally unacceptable. It robs public services of funding and places an unfair burden on the honest majority of taxpayers."

Timms added: "Some people will still be tempted, and that is why the Government will bring forward measures during 2010 to build on the significant progress made both in the UK and globally during 2009 in closing down offshore tax evasion for good."

Those measures include requiring offshore account holders to notify HMRC if their account balances are £25,000 or more. Anyone who fails to do so and whose tax returns are wrong will face a penalty of up to 100% of the tax for not notifying HMRC, plus up to 100% of the tax for an incorrect return – in effect a 200% penalty!

The deadline for notification of the intention to disclose under the NDO was 4th January (extended from 30th November), with full paper disclosure and payment to be made by 31st January 2010 and full electronic disclosure and payment by 12th March 2010. Under the scheme the penalty was reduced to 10%, or 20% for those who were contacted by HMRC during the 2007 disclosure facility but did not come forward.

Hartnett has said that penalties may still be reduced for those who make a voluntary declaration, so it is well worth contacting HMRC if you have undisclosed offshore accounts.

The UK also has a disclosure scheme with Liechtenstein which runs until 31st March 2015 and offers more favourable conditions than the NDO.

Hartnett is keen to strike a similar deal with other countries, in particular Switzerland. He said that HMRC would "really like" to "open up Switzerland" and that since so many governments are determined to "crush" tax evasion through offshore accounts, he believed it will happen.

Unprecedented tax "amnesty" for middle classes

HMRC has launched another crackdown on tax evaders, this time targeting health professionals like consultants, doctors and dentists. Later in the year taxmen will focus on other professionals such as solicitors, lawyers and accountants.

HMRC says that it has the technology to compare returns from different companies such as banks and the NHS to ascertain if there are any discrepancies. It will also be checking that expense claims are legitimate ones.

Director of risk and intelligence at HMRC, Mike Wells, cautioned: "I therefore strongly urge any in this group who think they may have outstanding tax liabilities on their income to get in touch with HMRC and get their tax affairs in order simply and on the best available terms. The message is clear: contact us before we contact you."

Anyone concerned about their tax affairs and who would like to reduce the amount of tax that they have to pay by legitimate means should talk to a tax and financial adviser like Blevins Franks for advice on a tax savings solution suited to your individual circumstances.

To keep in touch with the latest developments in the offshore world, check out the latest news on our website www.blevinsfranks.com

A study commissioned by the National Association of Young Entrepreneurs (ANJE) has concluded that the centre of Loulé would be the best place to create the city's future commercial 'cluster', which will comprise flagship stores like IKEA.

When compared to another suggested plot of land near the Loulé-Centre turnoff from the A22/Via do Infante motorway, the central location was held as more favourable as the latter area could clash with the future Central Hospital, as well as being located on a strip of ecological land.

ANJE's study, which was made public last week, compared the two areas as well as "analyzing territorial ordination, like the PDM (Municipal Directory Plan) or PROTAL (Regional Plan for Algarve Territory Ordination), and analyzing traffic flows, to see which of the two locations would be best for the commercial 'cluster'", explained Paulo Bernardo, of ANJE Algarve.

Of the central Loulé location, he added "the location would give the city a new centralization, bringing it closer to the coastal parishes of Almancil and Quarteira, and would not represent a totally independent intervention, as would be the case in the Loulé Sul location, where everything would need to be created from

scratch".

An added bonus is that, should the shopping area be created in the central location, an old UNICER beer factory could be renovated and used in the project.

"It is not located within an ecological belt of land nor would it clash with the new hospital or with football games being held in the Algarve Stadium", Paulo Bernardo argued.

Should the central positioning be chosen for the massive commercial venture, it would benefit from an investment of €400 million and create 4,000 jobs, as opposed to the investment of €200 million proposed for the alternative location, and the creation of 3,000 jobs that building the 'cluster' in the Loulé Sul location would entail.

Paulo Bernardo assured that "all efforts were made for the study to be impartial".

Consultants CISED TERRITÓRIO - Consultores, Lda, partners of the University of the Algarve's technology department, were hired to carry out the location study.

Nevertheless, the new commercial venture is expected to be created in the Parque das Cidades, near the football stadium that was constructed especially for the EURO2004 tournament, between Loulé and Faro. It will also be close to the future Central Algarve Hospital.

IRS 2009: Expenses nº 3: TAX CREDITS FOR EDUCATION COSTS

by Dennis Swing
Greene

Tax credits reduce the tax that you owe. However, as with other amounts that you report on your tax return, you must be prepared to back up the claim with correct documentation. In this case, you may be asked to produce proper receipts ("facturas") and these records must be kept for five years following the submission.

Education:

The IRS code allows you a 30% credit for costs of education up to an upper limit of €720.00 for family members unless there are 3 or more children, in which case the tax credit increases by €135.00 per child. You can claim tuition and school fees as well as books and scholastic materials. In addition, necessary expenses such as travel, room and board when study is away from home (but only within Portugal), as long as provided by a third party (i.e. train tickets are deductible while family car expenses are not). However, most education expenses outside of Portugal may not be claimed unless the institution is recognised by the Portuguese Ministry of Education. Likewise, you may claim "extracurricular activity" expenses only if the school is an integral part of the National Education System or is so recognised by the appropriate Portuguese ministry. The following examples are expenses which are considered

In this series of articles, we examine in depth different areas to show how to substantially reduce the tax that you owe:

- | | |
|-----------------------|-----------------|
| 1) Tax Credit Summary | 5) Insurances |
| 2) Medical | 6) Donations |
| 3) Education | 7) Disabilities |
| 4) Housing | |

unacceptable: baby-sitters, expenses relating to internships, workshops, conventions or professional development, encyclopaedias, musical instruments, uniforms or computer equipment for other than school use.

QUESTIONS & ANSWERS:

Our 2 children attend a private school in Portugal. Does their tuition qualify for a credit?

Yes. As long as the institution is recognised by the Ministry of Education, you may take a tax credit of up to €720.00. You can verify the status of your school on the internet at: <http://barril.dapp.min-edu.pt/estab/rede.htm>

My son attends the local state school. Are there any expenses that will reduce our tax bill?

Yes. Text books as well as school materials such as notebooks, pens and pencils, etc. are eligible. Don't forget to ask for a proper invoice ("factura").

Our daughter studies with a tutor to improve her skills. Is this expense eligible for a credit?

No. Unfortunately, most private lessons are ineligible. However, with a "green receipt" or proper invoice, you should be able to receive a tax credit.

Our eldest attends university in

the UK. Do any of his expenses qualify for tax relief?

Although it is unlikely, it may be worthwhile checking with Ministry to see if his school is listed. Contact: Gabinete de Informação e Avaliação do Sistema Educativo (Av. 24 de Julho, n.º 134, 1399-054 Lisboa; tel: 21 394 92 00; e-mail: dapp@dapp.min-edu.pt).

Our daughter attends school in a neighbouring town and has to take the bus daily. Can I claim the cost of her bus pass?

Yes. Travel expenses necessary to attend school are eligible as well as room and board expenses when a child studies away from home. However, only public transportation is eligible, not the running costs of a private automobile.

Next: Tax Credits for Housing Expenses

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for euroFINESCO s.a. Private consultations can be scheduled at in Guia (Albufeira) 289561333, Lisbon (Chiado) 21342421 and in Funchal (Sé), Madeira 291221095, by e-mail at info@eurofinesco.com or on the internet at www.eurofinesco.com.

Brazilian company withdraws merger bid with Cimpor



Brazilian manufacturing conglomerate Camargo Correa has withdrawn its proposed merger with Portuguese cement group Cimpor.

In a regulatory filing Cimpor said it had been informed by Camargo that it was pulling out of the preliminary and non-binding merger plan because the transaction could be seen as a "disruptive element in the on going process", taken by analysts to mean the takeover bid for Cimpor launched late last year by Brazilian steelmaker CSN.

Portuguese regulators registered CSN's bid for Cimpor last Thursday, which runs until Feb-

ruary 17. Analysts said CSN could lower its 50 percent plus 1 share minimum requirement of Cimpor's share capital and opt to take a smaller stake to keep the Portuguese firm under national control and listed on the Lisbon stock exchange.

Brazilian conglomerate Votorantim is also in the race to take a minority stake in Cimpor, Portugal's biggest cement group with sales of just over €2 billion in 2008. *TPN/Lusa*



The Cimpor factory in Alhandra. (Photo: Lusa / António Cotrim)

Barclays best bank – study

Barclays was the most customer-friendly bank operating in Portugal in the second half of 2009, according to a study published this week.

In a statement, Barclays Portugal said it was ranked best among 14 financial institutions in Portugal in the

'Mysterious Customer' survey carried out by Multimetrica.

Randomised spot checks were used in the evaluation of a range of banking services and other aspects like queue lengths and cleanliness of premises. *TPN/Lusa*

Unemployment rises to 10.4% in December

Unemployment in Portugal climbed to 10.4 percent last month, an increase of 0.1 percent over November, the European Union's Eurostat agency esti-

mated last Friday.

The jobless rate for the entire Eurozone, to which Portugal belongs, rose to ten percent from 9.9 percent the previous month,

marking the highest unemployment for the 16-nation group since 1998, it said.

In its 2010 budget proposal, which is currently under discus-

sion in Parliament, the Portuguese Government forecast a jobless rate of 9.8 percent for this year. *TPN/Lusa*

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New EU Telecoms Regulator gets to work

The new European telecoms regulator BEREC has been established following the adoption by the European Council and Parliament of the new EU Telecoms rules in December 2009.

With 12 fixed and 10 mobile telecoms companies offering services in many other EU Member States and hundreds of service providers operating across borders, BEREC is expected to play a crucial role in strengthening the single telecoms market and consistent regulation across Europe. Assisted by an office with expert staff, the new European telecoms regulatory body will in particular help ensure fair competition in the single telecoms market.

In 2008, Europe's telecoms sector revenues accounted for €351 billion.

"The establishment of the EU telecoms regulator is an important milestone for telecoms in Europe," said Viviane Reding, the EU's Telecoms Commissioner who proposed the creation of the body in 2007.

"This will boost European telecoms services, which are evolving rapidly in areas like mobile internet and can become a major driver of economic recovery in Europe", she added.

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Skydivers prepare for landing at the Municipal Aerodrome at Alvor, Portimão, after a jump. (Photo: Portimão Council Archive/Filipe da Palma)

Skydiving in Portimão



Over the next three weekends, Portimão's skies will be filled with entertainment as several events for the Portugal Skydiving Cup will be taking place at the Municipal Aerodrome, Alvor.

This weekend will be the SkySurf ProTour 2010, sponsored by SkySurf Produções, where spectators will be able to see the phenomenal aerobatics of sky-surfers on a giant screen at the Aerodrome.

The best Portuguese skydiving teams will be competing, including the Portugal SkySurf Team, winners of the 2009 event.

The first event of the 9th Por-

tugal Cup of Four-people Formation Flying will take place on February 20th and 21st. Skydivers will leap out of the planes at 15,000 feet for one minute of free fall formation flying.

The last weekend of February, the 7th Portugal FreeFly Cup will gather the best teams in the country at Praia da Rocha beach, near the Sta Catarina fortress.

All the events are scheduled to begin at 9am, if the weather allows.

The events are being organised by The Portuguese Federation of Skydiving and Portimão Council.

Hundreds of animals to be re-homed following closure of Goldra Kennel

Goldra founder Lurdes Ingle, 72, made the decision to end her rescue operation after more than a decade of taking in the region's stray and abandoned animals.

"I don't have the strength to do it anymore, but it is breaking my heart", Lurdes told *The Portugal News*.

The kennel currently homes

110 dogs and 75 cats, and has monthly bills of over €5,000, which covers vet fees and food, amongst other regular expenditures.

Many of the animals were stray or abandoned dogs and cats found in the Loulé region, where according to the Loulé Town Hall website, owners found guilty of



New homes are desperately being sought for over 100 dogs and more than 70 cats as it has been confirmed that the Goldra kennel, Loulé, established ten and a half years ago, is to close.

pet negligence can be punished with fines between €5 and €1,000.

A press release from the Goldra animal rescue centre to *The Portugal News* reads "It is with a heavy heart that, due to ill health and her age, Maria Lourdes who started the Quintinha Rescue Centre in 2000, has decided that the Centre will close at the end of May this year. Unfortunately this means that no more animals can be taken in by the Centre".

It continued "Funds are still needed to enable us to continue

looking after the remaining animals. The Goldra Charity Shops in Quarteira and São Brás will still welcome your goods to sell".

After living in the UK for 40 years Lourdes Ingle returned to Portugal to retire, though ended up founding Goldra when she saw how many undesired animals there were roaming the region.

The Rescue Centre now has the daunting task of finding good homes for all the remaining dogs and cats. A gallery is being composed of the animals on the

website: www.quintinhaanimalcentre.org, where up to date progress reports will also be available.

The Centre is open from 11h00-15h00, Saturdays and Sundays.

Readers interested in re-homing an animal, should ring Ingrid to book an appointment for Saturday 6th February (918 973 896), or Verna, for Sunday 7th February (962 560 451 / 282 449 395). Inquiries on weekdays should be directed to Ingrid.

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Foreign mothers on the rise

One quarter of babies born in Algarve hospitals in 2009 were children of foreign mothers, more specifically 1,090 out of 4,713 newborns, stated the Regional Health Administration (ARS) last week.

According to figures released by the ARS/Algarve, the predominant nationality of foreign mothers giving birth in the Algarve in 2009 was Brazilian, with 345 babies, followed by Ukrainian (144) and Romanian (137).

In the same year, a total of 3,623 babies with Portuguese mothers were born, a similar number to 2008.

Despite the number of babies of foreign mothers being born in the Algarve reducing slightly in relation to 2008, figures show the importance of the migrant population in the social/economic development of the region, stated the ARS.

Since 2000, when 216 foreign children were born, the amount of foreign mothers giving birth in the Algarve has increased five-fold.

Other predominant nationalities of mothers giving birth in the Algarve are, in decreasing order, Moldavian, English, Guinean, Cape-Verdean, Chinese, Russian and German.

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England prepare for Six Nations in the Algarve



The England RFU Senior Elite Squad returned to the Algarve late last month for their annual 'warm' weather training camp. With the RBS Six Nations commencing this weekend, the England chose to prepare for the clash against Wales at Browns in Vilamoura.

This was the third occasion, England have made use of the club's facilities in Vilamoura, having previously stayed there in July 2007 en route to finishing as runners-up in Rugby World Cup and in January 2009, for training also ahead of the Six Nations.

According to a statement sent out by Browns, on this occasion the England squad organised a private training session with the Portuguese national team.

Carlos Amado da Silva, President of the Portuguese Rugby Federation said: "This initiative is a great reward to the Portuguese Rugby Federation. A fantastic opportunity to train with the one of the best national rugby teams in the world.

"We continue to build our relationship with Browns, a unique training camp with a wealth of elite teams visiting from all over the globe. We look forward to coming back very soon. I wish to thank Browns for facilitating this training session and we wish the England RFU the very best for the 2010 RBS six Nations.

Alan Brown, Proprietor of Browns Sports & Leisure Club said: "We have a great relationship with the England RFU and the Portuguese Rugby Federation. We are always looking to help develop Portuguese rugby where and when we can. Having Portugal train with England benefits both parties immensely; the experience for the Portuguese



The England national rugby team seen here last week in training against their Portuguese counterparts

players and management is priceless. So for this to happen and at Browns, makes me very happy indeed."

Farmers worried by lack of production



Algarvean farmers are worried that the horticultural production of the region is gradually disappearing, having demonstrated their concern in a written letter to the Minister for Agriculture last week.

Friendly fire at sea

An unmarked Maritime Police vessel carrying out a coastal surveillance operation near Portimão's coast was fired upon on Wednesday, 27th January, by a Navy ship.

The Portuguese Navy's 'Pegaso' ship approached a small boat four miles from the coast, near Salema beach, in the early hours of Wednesday morning. Having raised suspicions, the Navy boat fired four machine gun bursts at the small boat without warning.

Not firing back, the Maritime Police fled to a safe distance and then turned on its emergency blue lights, which identify it as a police vessel.

The incident between both safety forces took place in a location referenced as a drug smuggling area by authorities, which could be the reason why a more aggressive approach by the Navy was employed.

The Navy's main offices refused to comment on the matter.

The Maritime Police boat was carrying out a border control operation at the time of the incident.

In the letter sent to the Minister for Agriculture, farmers explain that the 1,200 hectares of greenhouses the region possessed eighteen years ago have been reduced to only 200, which they say is due to the increasing damages of the bad weather and inappropriate insurances during the last two decades.

The lack of support by authorities, the abundance of large shopping centres and the inability of producers organising themselves on a commercial level are other reasons pointed out as the cause for the diminishment of farm produce.

In the letter, written by the Faro Farmers Association and neighbouring councils, the farmers say there is a huge lack

of financial support for damages resulting from bad weather and that their future descendants are being inevitably left with huge debts. According to the farmers, the State's support in these situations of damages resulting from bad weather is very little or inexistent, with the insurances also being inadequate for farming activities.

These reasons have led farmers to abandon many farms, despite numerous attempts from the Farmers Association to keep them up and running.

The letter was sent to the Minister for Agriculture, to the President of the Republic, Cavaco Silva, and to the regional director of Algarve Agriculture, Castelhão Rodrigues.

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PSP officers remove the body of a man found dead inside his restaurant in Benfica, Lisbon, February 1st. (Photo: Mario Cruz/LUSA)

Owner of restaurant shot dead during robbery



A 49 year old man was shot dead in Benfica, Lisbon, in the early hours of Tuesday morning. It is thought the victim was closing the restaurant for the night when the murder took place.

Fernando Graça, owner of the 'A Tradicional' restaurant, was killed with a single gunshot to the head, most likely from a small calibre firearm during a robbery of his establishment.

The crime took place between midnight and seven o'clock on Tuesday morning and evidence has shown that the owner was closing up the restaurant when the assailant(s) confronted him, because he was found in his 'normal' clothing, not his work clothes.

The crime was only reported when an employee arrived to work the following day and realised the alarm had not been activated overnight. As she walked into the restaurant, it was clear there had been a burglary "I put the key in the door and noticed it wasn't locked. I found that very odd" said the 77 year old lady, who has worked as a cook in the restaurant for many years, add-

ing that inside "everything was upside down, the cigarette machine had been burgled and the cash register open." Maria Natália immediately called the police and it was when the officers were searching the building that they found Fernando Graça's body in the bathroom. Initially officers thought the owner could have died from natural causes and the injury on his head was caused from falling to the ground, but a preliminary autopsy later in the day confirmed that the head wound was a small bullet hole. During forensic investigations of the scene, Lisbon's Judiciary Police did not find any bullet shells, which would help identify the weapon used.

It is thought the motive of the crime was to rob the restaurant and, when Fernando Graça tried to defend himself, the assailants shot him in the head.

Work on Marginal reaches no end



Construction work at a connecting road from Palmela Park to Paredão, in Cascais, has been causing grief among drivers trying to reach the Lisbon village for almost one year now.

The project was planned to last only five months, but now, almost one year later, the end is still not in sight. In February 2009, Cascais Council released a statement saying "during the next 150 days, circulation on the Marginal road, near the entrance to Cascais, will be restricted." Cascais Mayor, António Capucho recently explained that the delay of the project is due to the complexity of the work being carried out, which includes the construction of a pedestrian subway to connect the Palmela

Park to Paredão.

The five month deadline ended in June last year, and drivers are complaining that the difficulties they have been facing are lasting too long. One driver said "Besides the construction taking a long time, the road is horrible and full of potholes", adding that the lack of lighting and signage is a danger to those who do not know the road.

"It is hoped the construction will be concluded by the end of the first trimester of 2010" said António Capucho, adding that

"the enormous complexity of the project, the fact the railway line [of Cascais] has remained in circulation and the long lasting storms delayed the work."

The new underground passage will establish a pedestrian link between the future Palmela Park square and Paredão, with a 48 metre long and ten metre wide

tunnel going under the railway line and four lanes of the Marginal Avenue.



Cascais collects thousands of tons of waste

EMAC - Cascais' municipal environmental company - this week announced that throughout 2009 it collected more than 143,000 tons of waste, 12,000 tons of which was recyclable material, something that Cascais Mayor Rui Libório said reflected a "greater environmental awareness".

Rui Libório also said that in 2010 "EMAC will continue to expand its awareness-raising programme 'Objective 66'", which he described as a "strategic plan that aims to defend the environment and quality of life in a way that promotes sustainable development".

"Checks on recyclable items being placed in containers for normal waste will be increased", he added.

A press release from EMAC said that of the 143,000 tons of waste collected, over 5.2 thousand tons were of paper and cardboard, 3.2 thousand tons of glass, and 1.3 tons of organic residue.

Solid Urban Residues (RSU - or non-specific, non-recyclable waste) made up the biggest slice of the rubbish collected, at 93.470 tons.

Carrousel owners end protest

Carrousel and entertainment equipment owners put an end to their week long protest at Tejo Park, in Sacavém, on Tuesday, as they were able to reach some compromises that will allow them to continue working.

Luís Fernandes, chairman of the Owners of Entertainment Equipment Association (APED), held a meeting with fellow colleagues on Thursday, in Leiria, to "share information about everything that has happened these last few days and explain what needs to be done to schedule inspections, obtain certificates and be able to work."

Leonel Antão, chairman of the General Assembly of APED explained that after the protests and conversations with the regulating bodies, carrousel and entertainment equipment owners "have

the green light to continue working. We schedule an inspection and, until it takes place, we are given a guide that allows us to continue to work with the entertainment equipment. There will be exceptions for older equipment that does not meet the new regulations."

With the go-ahead given by the regulating bodies, the fair workers cancelled their unauthorised protests that were planned to carry on until February 10th.

Owners in the sector set up camp in Tejo Park for almost a week in protest against the exorbitant fees charged for inspection of their equipment.

Carrousel owners are willing to begin new negotiations, demanding the Government lower the prices for inspections, planned to come into force with the new law,

because they are too expensive when compared to Spain (€100 a year) and France (€360 for three years).

The minimum charge in Portugal will be around €360 for a children's carrousel, but if the equipment is categorized as a family or radical attraction, the price could exceed €720, without IVA, say the carrousel owners.

To make matters worse, owners of these rides are forced to pay for the travel and accommodation of technicians working for the Portuguese Electronic Institute, which is based in Oporto and is also the only entity allowed to carry out these inspections.

Fair workers have not discounted the possibility of paying one lump sum of around €360, although that is already treble what other countries charge.

Rampant horse roams city streets

Lisbon GNR received an odd phone call during the early hours of Tuesday morning this week when their counterparts, the PSP police, asked for their help in catching a wayward horse spotted aimlessly roaming the streets of the city.

A GNR source told Lusa News Agency "We received a phone call from the PSP asking for help in transporting the animal", and added that they in turn got in touch with the GNR's Cavalry unit to arrange the appropriate equipment.

However, a short while later the GNR received a second phone call from the PSP

announcing "the situation has been resolved".

According to GNR information, the horse was first spotted between 03h15 and 04h00 by the *Instituto Superior Técnico*, in Lisbon, and traversed quite a few streets before being caught.

PSP police denied any knowledge of the occurrence.

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GNR and PSP receive new fleet of vehicles

Lisbon's Civil Government bought a total of 70 cars and 28 motorbikes for Lisbon's PSP and GNR last week, in order to reinforce the police forces' presence in the metropolitan area of the capital city.

ternal Affairs.

Lisbon's PSP received 42 cars and eleven motorbikes, most of which will be used for their street policing programme as well as their 'Safe School' scheme.

The Lisbon GNR were given 28 cars and 17 motorbikes, which will reinforce the Alenquer, Sintra, Torres Vedras and Vila Franca de Xira posts.

According to the GNR, these new means will "reinforce the command, so the GNR can strive to be faster and more efficient in aiding citizens."

The Ministry for Internal Affairs had already bought twelve vehicles for the Faro district and 18 for Évora this year, acting in accordance with their equipping of safety forces initiative.

A Boy and Some Beans

Only two weeks to curtain up on The Algarveans Experimental Theatre Groups most loved show of the year - their annual pantomime.

Don't miss this family favourite with all its goodies and baddies, corny comedy and fantasy characters. The scenery is almost finished and the costumes ready, programmes and tickets are printed and the cast

are raring to go.

Enjoy this colourful, outrageous spectacle of live entertainment in the comfortable auditorium of Lagoa on Friday 12th and Saturday 13th February at 8pm with a matinee on Sunday 14th at 4pm. Tickets cost Adults €10 Children €5. Reserve yours by phoning 282 789 608/966 507 308 or email algarveantickets@hotmail.com



Scene-building - a very important part of the Algarvean's panto production.

Fund Raising events for Madrugada

"Help us to Help you"

Madrugada, supporting people affected by life limiting illness, are presenting a Karaoke Night at the Restaurant Mirage in Luz.

Date 18th February - Time 19h30; Tickets at €15 include a 3 course meal; Please make reservations with Annette on 282 762 620, Joan on 967 732 508, Marie on 918 571 207 or visit the Charity shop in Luz.

February 25th. Luncheon and more at the Restaurant Fortaleza,

Praia da Luz to celebrate the 1st Anniversary of the Association **March 18th.** Curry Night at Pashmina Restaurant, Lagos **April 15th.** Quiz and Carvery at The Duke of Holland, Praia da Luz
The Sponsored Slim is ongoing - just sign up and lose weight. If you would like to take part in this, please contact Alison on her e-mail; alison@madrugada-portugal.com
Please note that she will not be available to meet with you until after February 8th.
June 12th Madrugada Day

Projector screen needed

This week the Tavira Christian Centre is moving to new premises at Rua Av Mateus Teixeira de Azevedo, 61a (opposite Skippers Bar) and on 24th February the Tavira Treasure charity shop will also relocate there.

This means many changes and lots of needs and one very urgent need is for a fixed or pull down screen to use with the projector. In the past information, songs etc. have been projected onto the wall, but this isn't as practical in the new building. So we are wondering if anyone has a screen that they could donate to us.

It would be used to show people using the charity shop the joy on children's faces as they receive Christmas presents, and

the happiness of the older members of the community as they are given warm clothing for the winter weather. It will also show other ways in which the generosity of the people who donate to the shop and/or buy from it, benefits our community.

On Sundays it will also help us to display the words of hymns, songs and choruses as our Service takes place each week at 10.30 a.m.

Perhaps you have such a screen lurking in your attic, or know of where one could be found, either to be donated or at low cost. If so please contact Pastor Jackie King on 281 322 857 or Steve on 917872665. Alternatively e-mail jackieandmo@yahoo.co.uk

Posh & Nosh dinner dance for the Donkey Sanctuary

On Saturday 20th February a 'Posh & Nosh' evening will be held to raise funds for the Donkey Sanctuary, featuring a three course meal with wine and live music.

The event will be held at Phoenix Nites in Monte Carvoeiro, from 19h30 onwards. Evening dress is a must (a good excuse to

dress up!), and the menu will feature soup, fish n chips and bread & butter pudding.

The price per person is €14.50 with all proceeds going to the Donkey Sanctuary. Tickets available at the Donkey Sanctuary charity shops, or call: 966 033 127

Spinathon raises €30,000

The 24 hour Spinathon held at the Four Seasons Country Club in Quinta do Lago last weekend was a great fundraising success as a final count should realise nearly 30,000 euros in donations.

The concept of having 32 fit volunteers sharing the duties of keeping the wheels spinning on

8 exercise bicycles overnight was adopted by friends of the International School São Lourenço - a private school run on a non-profit basis.

Thanks to everyone involved in this event, at least 15,000 euros will be shared with the paediatric wing of Faro Hospital.



Jazzing it up for the firemen

The Quintessence International Band is back again at The Cultural Centre in Lagos to present a Concert to raise monies for the Bombeiros Voluntarios de Lagos. This will be their seventh annual Concert sponsored by Lagos Camara. The Bombeiros are currently in need of new protective clothing and the proceeds will go towards purchasing these items.

The Concert takes place on Friday, 19th February 2010, at Lagos Cultural Centre, beginning at 9p.m. Tickets are still only 10 euros, and can be obtained now on 913256694, or the week before the Concert from Lagos Cultural Centre, Tel. 282 770450.

Quintessence is led by Chris Atcherley (Guitar), Graham Roberts (Keyboards), Luis Hilario (Bass), Ze Ribeiro (Drums), and are joined this year

by Sandy Croft (Vocals), Ray Charlsey and Roger Clarke (Trombones), and Chris McCartney (Percussion). The band is also continuing the very popular backdrop of video images to accompany each song. A fresh new programme of songs and instrumentals from Classic Jazz, Latin American, and Jazz Fusion styles will be performed. As always the band hope to make it an entertaining night.

In addition there will be a Raffle, with many prizes all contributed by local firms and residents, and as in previous years there are no expenses incurred in the presenting of this event, with everything having been donated. This means that all the money raised will be presented to the Bombeiros at the end of the Concert. So far the concerts have raised a total of over 15,000 Euros.



Lunch with music & dancing

In aid of Lagoa Bombeiros



Sunday February 28th
12.30.p.m.
at the Restaurant
Solar do Farelo
Mexilhoeira Grande

Tickets €22.00
(Incl. 3 course meal,
drinks
& help yourself to wine
from the barrel)

For tickets or information call:
Val: 282 471 550; Carole: 96 6571639; Dagmar: 91 4403169

Carnival Lunch in aid of Lagos Bombeiros

On Tuesday February 16th a second lunch event at the restaurant Quinta dos Areões in Espiche will be held in aid of the Lagos Firemen (Bombeiros), starting at 13h00.

The event is organised and sponsored by three local businesses; Tiffany's Riding Centre, ABCameron Sistemas de Segurança, Lda, and Quinta dos Areões.

The first event took place in November last year and a total of €700 was raised, which was used by the bombeiros to purchase new and updated equipment for use in their ambulances. The organisers decided to start raising funds for the bombeiros because they wanted to contribute to, support and publicise the invaluable work which these admirable people undertake, often as volunteers.

"Without the bombeiros our communities would indeed suffer as inevitably anyone of us could be in need of their assistance at anytime".

The overall plan is to have one of these events periodically throughout the whole year on an ongoing basis.

As carnival is on the doorstep, this event will be fancy dress (not compulsory but encouraged) and there will be prizes, games and an auction which it is hoped will help raise even more than last time.

The cost for lunch is €10 per person, with all proceeds from the day going to the bombeiros.

For reservations, information or to donate auction items please call Sue on: 282 697 760 or 914 602 363 or Tiffany: 933 498 731 or 919 31 975.

Love is in the air!

Valentine's Day is the perfect moment to celebrate love, Vale d'Oliveiras Quinta Resort & Spa the perfect place to do so!

For only 97,50 Euros per person, including 1 night accommodation, VIP treatment upon arrival in the room, breakfast in the room, 1 candlelight dinner for two (excluding drinks), 1 "Couple Massage" and use of the Health Club facilities.

Package valid for stays between the 12th and 15th of February 2010.

Or just come and discover the divine food at "The Olive Tree" restaurant on the 14th of February 2010, offering the special Valentine's Day 4-course menu at 35,00 Euros per person (excluding drinks).

Vale d'Oliveiras Quinta Resort & Spa is a new 5-star Resort, located only 5 minutes from Carvoeiro. This inspiring haven of beauty, peace and tranquility offers 80 spacious one- and two-bedroom Family suites, 2 suites and 22 hotel rooms, all equipped with high standard quality. Vale d'Oliveiras Quinta Resort & Spa also features one restaurant with Mediterranean/Portuguese cuisine, two bars, a SPA with 5 treatment rooms and steam bath, a Health Club with indoor heated pool, gymnasium, sauna and Jacuzzi and two tennis courts.

For more details & bookings, please contact 282 380560 or info@valedoliveiras.pt.

All community news items are welcome on this page.
If you are involved in a local non-profit making project or have raised money for charity we would like to hear from you.
Please send your stories to copy@the-news.net

Bring your beau to a romantic Valentines Day Dinner Dance

7pm
Saturday, 13th February
Restaurante "Por do Sol"

Buffet includes tasty romantic treats:

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Rainbow of Salads ...
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Romeo and Juliets Secrets ...
From Romeo with Love ...
From Juliets's Mirror ...
Loving Cheese Board ...
Finish with a Flourish ...
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and then there's:

Dancing to Live Music



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THIS WEEK'S PROFILES



Rococco Stone

For more information, an appointment or directions, please contact Rococco on +351 282 764 035, 967 839 114 or 913 331 212, email: rococcostone@msn.com or visit their brand new shop at Quinta Isabelle, Barão S. João.



Let The Magic In

Located in the High street in Algoz, Let The Magic In are open from 10am-7pm on weekdays and from 10am-2pm on weekends. For more information please call 282 575 061 or visit their website www.letthemagicin.com.



PVC Directo

For more information, call PVC Directo on: (+351) 916 184 148 / 969 410 952, fax: 282 380 308, or email: pvcdirecto@gmail.com.



Neil & Emily Richardson

For more information, call Neil & Emily Richardson Removals anytime, seven days a week, on: 939 486 807 or 281 963 191, email neilandem@sapo.pt, or visit their website www.neilandemremovals.com.

If you would like us to profile YOUR business, call our Sales Manager on tel: 707 500 677

Rococco Stone on the move



The Algarve's natural stone and ceramic tile suppliers have recently moved to a new location, in Barão S. João.

The new location has all that is needed for a complete refurbishment, with stylish and contemporary products which cater for all tastes and budgets.

Operating on a close working relationship with their customers, Rococco offer an effective service that is almost as unique as their products.

No matter how large or small your project, they are committed to excellence, with knowledge and enthusiasm in equal measure, and will help you achieve your desired ambience.

They also pride themselves on their personal approach with every customer's individual requirements.

A stylish, complete, bathroom facelift doesn't have to cost an arm and a leg, as Rococco will be able to show you with their vast selection of all the latest slate, sandstone, travertine, ceramic, porcelain or glass floor/wall tiles on display. Whether it be a refurbishment or a new build, Rococco Stone offer high quality designer products without the hefty price tag.

Located just outside Barão S. João, at Quinta Isabelle, Rococco provide an appointment service and can also arrange home visits to ensure you get the desired final look.

Let The Magic In

Bringing you an extensive range of imported British products on a regular basis, Let The Magic In is proud to

continue to serve the expat community here in the Algarve after seven years in business.

Being the first dedicated UK product shop in the Algarve, Diana makes every effort possible to keep her shop refreshing and intriguing for her clients by constantly expanding its range with the most recent products and checking the products' prices every month to ensure the best value for money on their entire range.

Their weekly magazine, which includes articles, quizzes and a TV Guide, continues to attract a lot of attention, as well as the huge selection of over 10,000 greeting cards and the book exchange service.

As anybody going to Let The Magic In will tell you, it is more than just a food shop as the friendly staff ensure every trip made there is a pleasant one. It is not unusual to see clients stay longer to have a chat.

In order to bring the community together and also to promote their brand-new products, Let The Magic In hold occasional tasting days, their next being on Saturday 20th February. On this particular day, between 10am-2pm, the shop will be showcasing their new range of pies, such as the delicious pork with Stil-

ton or the Lamb Spirals pies.

"Come along, you don't know who you might bump into! It is great for so-

cialising and getting acquainted with our new products" says Diana, who knows a large portion of the expat community and constantly sees more people coming in for the marvellous tasting days.

Let The Magic In continue to provide discounts on their already affordable imported goods for their loyalty card users.

The prices for UK products are extremely competitive, such as the Country Life English Butter, at €2.25, 74 cents cheaper than at the large supermarkets. How about a loaf of Kingsmill Square bread for only €1.99? Another one of their most demanded products at the moment are the Knorr Jelly Stock Pots, as seen on TV, which are considered the new best thing for adding flavour to your recipes.

Easter is now in sight and Let The Magic In has prepared by putting chocolates and Easter Eggs on display for the early shoppers.

With business blooming, Let The Magic In currently has plans to open a new shop in the Eastern Algarve, near Tavira, hoping to meet the high demand and provide the outstanding products and service to a larger share of the expat community.

PVC Directo, double the glazing, not the price

Established by Sando Luz and Marco Faustino, PVC Directo offers a no-nonsense approach to double glazing your home, providing the best products at the best prices for all budgets.

Their services include the assembly of doors and windows in PVC/aluminium, aluminium shutters, mosquito nets, standard blinds, electric blinds and conservatories.

Even though their company has only been established for four months, both Sandro and Marco have over eight years experience each in fitting double glazing. Previously they both worked for leading company Speed Frame, from where they obtained a wealth of knowledge, enough so to build their own business.

Their comprehensive projects include a free home visit to take measurements, discuss options (colours,

models, designs, etc), and draw up budgets, before a final decision by the clients is made. From then onwards it will take an estimated two to three weeks for the bespoke products to arrive from suppliers and be fitted - all at an unbeatable cost.

Thanks to their extensive network of suppliers and manufacturers, PVC Directo guarantee the lowest possible prices, and cover the Algarve and beyond.

Staving for punctuality and upmost professionalism, the youthful double-glazing duo speak English and German as well as their native Portuguese, and pride themselves on leaving everything clean and tidy - as they found it.

The quality of price and service is rivalled only by their friendliness.

Enquiries can be taken seven days a week.

Neil & Emily Richardson Removals



Moving home is often seen as a terrifying ordeal, reason why Neil & Emily make their best efforts to ensure a client is left at ease with Neil & Emily Richardson Removals' efficient and friendly service.

Having been in the Algarve for just over five years now, Neil and Emily make moving home a doddle by providing an efficient service, accompanied by their friendly approach, which always leaves their clients at ease.

As members of the British-Portuguese Chamber of Commerce,

Neil & Emily Removals is a fully registered company, having all the legal requirements to carry out international, national or local removals, with several services that include packaging, removals and storage.

Working hand in hand with British based companies, Neil & Emily have storage facilities in both the UK and Portugal, providing extremely competitive door-to-door rates and also carrying out trips from the UK to Portugal and back on a weekly basis. The sizes of the items are not an issue for the articulated truck.

As clients are usually unsure of the volume of their 'cargo', Neil & Emily Richardson Removals provide a free of charge assessment of the material that needs moving and guarantee that

the items will be at their destination within a week. If you need a hand dismantling furniture this will be done with pleasure, and any furniture that they dismount, Neil and Emily will make sure it is again properly assembled at its destination.

With Neil's 24 years of experience in the removals business, and Emily's BAR (British Removals Association) qualifications in professional packaging, items will never reach their destination broken or damaged. Their effective, reliable and friendly service has recently earned them the BA Overseas Property Services award.

With Emily working in the office, and Neil and Nico taking care of the removals, stress is never an issue for clients as they establish a bond with the company and are always happy to use them again. Word of mouth has aided them reach the point they are currently at, with their articulated truck full 90% of the times.

There are no language barriers, as the couple and their team speak English, Portuguese and Spanish amongst others, and to finish off, they provide a full inventory of any transaction, as well as a door-to-door service with a smile.

PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 6 Feb 2010

PROPERTY OF THE WEEK

A charming country cottage



Set amidst stunning rural countryside, just five minute's drive from São Brás city centre yet within walking distance of the all-necessary local bar and supermarket, this week's Property of the Week is a spacious, beautifully finished three-bedroom villa that has ample charm and character.

Renovated from an old farmhouse and later extended to accommodate a bedroom wing, this cottage also has its own pool and garage. It received full licensing earlier this year. The main building measures 177 square metres, sat on a plot of land that is of 2,500 square metres and which offers picturesque views all around.

Electric gates lead onto the property's expansive grounds, which comprise a capacious gravelled parking area as well as landscaped gardens, raised

flowerbeds, a pool set off by flagstone surroundings, and a boules practice area. The vendors are avid members of the neighbouring community and have been part of the local boules team since settling in the region.

This light and airy cottage has been sympathetically renovated to high standards and is harmonious with its surroundings.

The main entrance to the villa leads straight into the main living area, which has a wood-burning stove and a sloping



wooden roof.

Throughout the property is styled with light pastel colours and ample white-washed furniture, adding to the sense of space and brightness.

Right from the living room is a large hall, which could be used as a dining area; up from there on a split-level is the kitchen.

Fully equipped and roomy, the kitchen comprises top-of-the-range appliances, white wood fronts, contemporary finishings (like the suspended lighting), and has siltstone worktops.

Left off the kitchen is an adjacent room currently being used as a library/office, though is easily big enough to be used as a third bedroom, a dining room, a games room, or a second living area.

It also has its own door leading onto a little courtyard area between the main house and the garage.

The ceiling above the kitchen and office, which is also sloped and wooden, is inset with skylights to bring more light into the northern-facing rooms.

Right from the main entrance is a guest toilet and shower-room, on from which is the bedroom wing.

This part of the property is a recent extension of the original

design and has under-floor heating and air conditioning throughout. It is made up of two very good size bedrooms, both of which have fitted wardrobes and direct access onto the pool patio.

The master bedroom is made up of a very deep fitted wardrobe (almost like a walk-in closet) a good size sleeping area, and a big en-suite bathroom that has a walk-in shower and plenty of space for a large tub. It also has its own seating area out on the patio.

Outside, left of the main building is a garage big enough for one vehicle plus loads of storage, as well as a semi-covered barbeque area that has an original bread oven.

This complements the south-facing pool area fabulously. There is also a charming country lane that runs down the back of the property and gives way to some fantastic country strolls.

Throughout the villa benefits from double glazing, ceramic tiles inlaid with a decorative, locally-handmade border, and mains electricity and water (plus a 1000 litre water tank).

For more information or to book a viewing contact Yellow Homes – Land and Houses (Tavira) on tel: (+351) 281 320 280, fax: (+351) 281 321 901,

e-mail: info@landandhousesalgarve.com, or via website: www.landandhousesalgarve.com.

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Vilamoura

With sea view, one bedroom apartment composed of bathroom, kitchen, lounge, hallway and terrace. Communal swimming pool and garden.

Ref. 01360

Price: € 120,000



Fonte Santa

Three bedroom apartment, set in condominium with sw.pools, tennis court, garden areas and gymnasium, composed of two bathrooms, lounge, storage area, kitchen and terraces. Construction area of approximately 120 sq. metres.

Ref. 01366

Price: € 190,000



Boliquireme

Country villa composed of three bedrooms, two bathrooms, two equipped kitchens, various terraces. Garage and carport. Annex with bedroom and bathroom. Plot area 2.350 sq. metres. Construction area 250 sq. metres.

Ref. V12658

Price: € 300,000



Vilamoura

Attached villa composed of two bedrooms, two bathrooms, lounge with fireplace, equipped kitchen and storage. Terraces, barbecue and roof terrace. Communal swimming pool and garden area. Plot area approx. 147 sq.m. Construction area approximately 74 sq.m.

Ref. 12648

Price: € 300,000

AMI licence 7673



E-mail:

sarah@algarvemanta.pt

Mobile:

00351 911 041 862

Office phone/fax:

00351 281 952 820

Sales:

www.algarvemantaproperties.com

Rentals:

www.algarvemanta.pt



Ref: 961 - € 100.000 - Cabanas

One bedroom house with kitchenette, lounge, bedroom and one bathroom. Close to facilities and not far from the beach, communal gardens to the rear and small private patio. Needs a little decoration.



Ref: 727 - € 105.000 - Near Tavira

Fantastic condition nearly new one bedroom apartment in the development Mato Santo Espírito, restaurants and cafes nearby, equipped kitchen, lounge, veranda, bathroom and garage space.

RENTAL INVESTMENTS



Ref: 949 - € 135.000 - Manta Rota

Only two mins on foot to beach, very good rental earner, has panoramic ocean view, sold fully furnished and equipped, completely remodelled. Kitchen equipped, satellite TV English channels, air con/heat.



Ref: 790 - € 195.000 - Manta Rota

Very generous 3 bed house, lounge with doors to large patio west facing and room for a pool, equipped kitchen, three bathrooms, one of which ensuite. 10 mins walking to the beach. Very good price.



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Neighbourhood Moncarapacho
2 bedroom villa w/gas central heating, basement presently converted into additional studio w/bedroom/sitting room & shower room, sw. pool w/jacuzzi, large garage/workshop/attic, wooden chalet w/sauna, surrounded by 1.179 m2 lovely garden, situated 10 min. from Moncarapacho & Olhão. Sold furnished & equipped.
EA 071 VMON - € 395.000
(reduced price for quick sale)



S. Bartolomeu / Castro Marim
2 bedroom house with a covered area of 70 m2, and an uncovered area of 25 m2, in need of TLC or, if desired, with an approved project for a new house, situated in a small village with restaurants and supermarket, 2 kms from Praia Verde beach and 3 kms from Castro Marim
EA 072 HSBAR - € 97.000



Cabanas

Spacious 2 bedroom, 2 bathroom apartment, situated, on the top = 2nd floor, as only apartment with 2 terraces (10,54 m2 each) close to the centre of Cabanas with its lovely lagoon and beach, variety of restaurants, shops, pubs and public transport. Good letting potential.
EA 073 ACAB - € 140.000



Foz de Odeleite

2 bedroom villa w/large glassed in terrace & fireplace, sw. pool, garage & car port, situated in a hamlet, 20 min. drive from coast, located on a high point overlooking Guadiana river, w/ lovely river views, garden area of 145 m2 w/ various fruit trees and flowers, to be sold furnished and equipped.
EA 074 VFOD - € 200.000



Neighbourhood Altura

Beautiful plot of land with an area of 2.720 m2, situated approx. 4 kms north of Altura in the countryside with lovely view of the coast. Possibility to build a house with an approx. area of 250 m2.
EA 075 PALT - € 150.000

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Loulé

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Ref. TR1210

Price: € 450.000



Tavira

- Luxury new development
- T1, T2 & T3 apartments
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- Apts: 55m² - 281m²

Ref. A1056

Price: € 126.200 - € 451.800



Loulé

- Traditional cottage
- Annex - studio room
- 3 bedrooms 1 bathroom
- Nice country views
- Garage, store, garden
- Cott. 130m² plot 2.000m²

Ref. C1081

Price: € 255.000



Tavira

- Magnificent luxury villa
- Spacious & very light
- 6 bedrooms 6 bathrooms
- Pool with wooden decking
- Space for tennis court
- Villa 320m² Plot 1.100m²

Ref. V1125, see also V1126

Price: € 800.000



São Brás de Alportel

- Attractive villa built 2004
- High spot, lovely views
- 3 bedrooms 2 bathrooms
- Pool & terrace
- Garden & barbecue
- Villa 215m² Plot 1.470m²

Ref. V1129

Price: € 320.000

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Exclusive - Vilamoura



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Ref.: 2822 Promotion € 325.000

Special - Vilamoura



Lovely 3, 4 & 5 bedroom townhouses. Large lounge with spacious terrace. Private closed condominium with sw-pool & fantastic green areas, surrounded by pine-woods, close to "The Old Course" golf, a few minutes from the center.

Ref.: 1298G From € 357.500

Great Price - Vilamoura



Excellent Studio apartment in center of Vilamoura, just a few minutes walk from the Marina. Fully furnished and equipped. Very nice views. Extra store space in basement. This is a fantastic & unique opportunity for your holidays or for rental income.

Ref.: 2931 € 70.000

Green Residence - Algoz



Fantastic opportunity: 4 bed Townhouses, fitted kitchen, fitted wardrobes, large terraces on the first floor, private garden area with carport for 2 cars. Excellent quality finishings, solar energy. Just a few minutes from Guia and Algoz

Ref.: 2784 € 230.000

Sea front - Fuzeta



Spectacular two bedroom apartments, equipped kitchen & large balcony. Private condominium with garden & sw-pool. Private parking. Situated in front of Ria Formosa, the view is absolutely incredible! Promotional price.

Ref.: 2159 From € 199.500

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AMI nº 8592

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Monte Clérigo, Ref: S309

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- Small low maintenance plot, great location
- Close to beaches and coastal villages



Carvoeiro, Ref: ST581

Excellent price! Ready to move in! €220,000!!!



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- Fully furnished and equipped
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AMI 6902

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Working in style



This winter's weather has forced many people to choose to work from home, which can be tricky unless you have a well-equipped space. Gabrielle Fagan guides us to stylish home offices.

If you've ever found yourself standing in the middle of a chaotic kitchen, desperately trying to keep noisy children quiet while simultaneously taking a business telephone call, then you're probably a home worker.

Those toiling in offices may even daydream of a life without commuting, office politics, power dressing, and the effort of looking bright on Monday mornings.

Those working from home know that while there are bonuses - from a better work-life balance to staying in pyjamas until the afternoon school run - life away from the water cooler and the of-

fice gossip may not be without its difficulties.

If your office is somewhat mobile, perhaps located at one end of the kitchen table and constantly being moved to make way for meals, it can be a recipe for chaos.

Alternatively, gazing at a 'work station' in one corner of a bedroom can make it difficult to mentally switch off and sleep peacefully, and competing for space with the clutter in the spare room also does nothing for the stress levels.

"The key to a successful and functional work area in your home is to take a little time and care plan-

ning it to ensure it fits your needs," says Simon Glanville, managing director of storage specialists, STORE.

"Even if it's a small space, if you pay attention to the layout and tailor it to meet your needs, you can make all the difference."

He advises taking a hard look at all your living space so you pick exactly the right spot for a work space.

"You might find you don't actually need to take over one room, and could instead effectively use a landing or an under-stairs space."

"Even constantly packing work away can be made easier by

using colour-coded boxes and files," he says. "That way there'll be some order and everything won't be in an exasperating muddle when you get them out again."

You're the 'boss' so choose a home office style that makes going to work a pleasure.

• Office suite

Corporate spaces are usually characterised by drab desks and grey walls, but there's definitely no need to replicate that at home.

Instead, opt for a tailored workstation and matching storage units in wood effect finishes or perhaps one painted to your colour choice.

A well-equipped area gives an instant first impression of organisation and professionalism, which is particularly important if you have business meetings at home and need to impress.

Get the look: Specialist companies will fit out a room, but if that's too costly, you could pick up some impressive kit on the high street.

Tip: A common mistake is to try to squeeze your office into too little space. Architects recommend that the area should be at least 10 feet by 10 feet.

If you haven't got the luxury of that space, do ensure there's sufficient room for the equipment you use regularly, and build units 'up' rather than 'around' - use wall-mounted shelves or overhead cupboards.

• Desk to impress

When Jeff Bezos launched Amazon in his garage he revamped old doors into desks - a nifty money saving idea which you can steal. Use trestles or cupboards as supports on either end.

But if your budget can stretch a little further, a beautiful desk as a piece of stand-alone furniture enhances any room.

Tip: Test out a desk before buying. Sit at it and have a list with you of all the files or work clutter you use so you can assess whether it has enough drawers or surface space. If you're buying file cabinets to go underneath the desk, take the measurements to ensure they'll fit.

• Corner the space

Fitting a work area into a corner of a room is often the most efficient use of space. Well-designed, attractive furniture, maybe echoing in style the other pieces in the room, will ensure the 'office' doesn't dominate in a multi-purpose room.

Tip: Don't skimp on a chair. It must be suitable for computer use (long periods of sitting in one position), comfortable and supportive, with arms and ideally adjustable to suit you and the desk height.

• Cabinet office

Don't despair even if you feel there's no room for an 'office' in

your home. Designers have used their imagination to create small but stylish workstations in cupboards, or if your workload's only occasional you could simply improvise with a laptop table that could double as a side table.

Tip: If you're just starting to work from home, have a vision board to motivate you. Put up inspiring cuttings, notes or photos as daily reminders of what you're aiming to achieve.

• Store in style

Celebrate the fact that your work-zone can be just the way you want it, and let your imagination run free.

Decorate the walls in your favourite colour, or soothe that stress by using soft greens or oranges for creativity, and choose funky storage as an antidote to boring corporate filing cabinets.

Tip: Utilise the often-wasted space behind the door or on the wall over your desk. Use products such as wall-mounted grids, or over-the-door hanging storage racks.

• Corporate perks

You're in charge, so feel free to treat yourself to some fun or luxury items to make your personal office special.

Good quality lighting is essential. Position a desk where it receives good, natural light, and use a table lamp for close focus work.



Brooklyn corner desk unit from B&Q (www.diy.com)

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Gardening gifts that say 'I love you'



It may be cold outside, but romance is in the air with Valentine's Day around the corner, so warm up for spring by giving your loved one a gift to get them in the mood for gardening.



A heart-shaped crystal spinner, with a 30% lead crystal hanging in the middle.

Graham, tel. 00 44 (0)20 8783 3663), which fit in the palm of your hand and come in eight different designs. They're made from resin and can be left outside or used indoors.

If your partner is partial to a cuppa while relaxing in the garden, brighten her day with a Crazy Daisy jumbo cup and saucer decorated in multi-coloured pastel shades (£18.50/£21.10, www.portmeirion.com).

Once spring arrives and you are back in the garden, your partner will be over the moon with a colourful gardening bag in which to keep her many tools, plant ties, secateurs and string. Go for a colourful one, like a folk design bag made from durable canvas cotton (£10.50/£12, Gisela Graham, tel. 00 44 (0)20 8783 3663).

Even practical tools come heart-shaped, including a thoughtfully designed 26cm long planting trowel by Sneeboer (£24.95/£28.50, www.harrodhorticultural.com), which combines a fine cherrywood handle with a sharp point making



The trowel by Sneeboer, which can be engraved with a personal message on the blade.

it ideal for bulb planting. You can make your gift more special by including your own personal engraved message on the blade.

If your partner loves making chutneys and jams from the garden harvest, brighten up the look of the jars with a set of pretty ging-

ham jar covers (£3.95/£4.50 for 12, www.burgonandball.com) to encapsulate the country kitchen atmosphere.

Garden trinkets have also become more popular in recent years, with a variety of glass balls, butterflies and copper leaves on long stems being used as a decorative addition to planters.

If you go down this route, a good

ing water slowly through its stem into the soil underneath.

If you want to let the plants do the talking, show a loved one how special they are by naming a unique pack of rose seeds after them that they can grow into a beautiful rose bush to cherish. The Name a Rose Gift Box (£19.95/£22.75, www.gettingpersonal.co.uk) lets you choose the name of the rose,



An eco water feeder.

There are so many heart-warming gifts on offer, from pretty watering cans in pastel shades and colourful planters filled with small, fragrant flowers, to garden-orientated kitchen accessories, natural bath products and heart shaped decorative plant accessories.

Hearts are very much in focus for Valentine's whether your loved one has a large garden or just a small space.

If you have a sheltered spot on

your patio, or just a space to fill at a window, fill it with a heart-shaped crystal spinner which has a 30% lead crystal hanging in the middle (£12.99/£14.85, www.home2garden.co.uk). The reflective steel plays with the sunlight and will look lovely in a contemporary setting and is ready to hang straight from the box.

A little love can go a long way, so add a touch of romance to your windowsill herbs with heart-shaped herb stone effect markers (£2.50/£2.85, Gisela



A personalised Valentine's Day rose planter, filled with red roses and a romantic message of your choice.

idea is to go for one which also waters your pots, such as an eco-water feeder (£9.95/£11.35, www.home2garden.co.uk) made of hand-blown 100% recycled glass. It is frost-proof and collects rainwater (or you can fill it), feed-

or alternatively, a personalised Valentine's Roses Planter (£49.95/£57, www.gettingpersonal.co.uk), filled with red roses, will convey the romantic message of your choice.

Hannah Stephenson



Name A Rose Gift Box.



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Why does my computer freeze?



Freezing is also known as crashing or hanging. It's frustrating. The computer locks up and the mouse and keyboard do not respond. You may lose data and you certainly lose time and patience. Typically, you need to press Ctrl+Alt+Del to see the programs that are running and to try to close the program that is not responding, or you need to force a restart. So why does your computer freeze up?

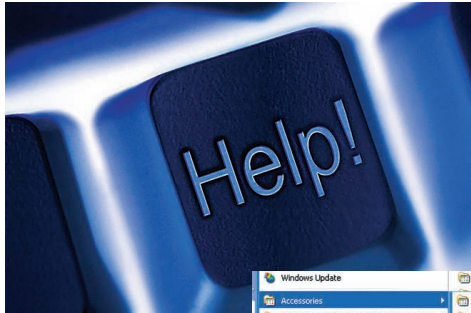
Common causes of freezing:

- Low memory
- Low disk space
- Fragmented disk
- Too many programs open simultaneously
- Low CPU speed
- Corrupt files
- Software bugs
- Overheating - random lock-ups that start several minutes after you start up the PC are often the result of the processor cooling fan not working properly
- Some non-standard applications are suspect with freezing problems
- Memory chip (RAM) problems
- Virus infection

Steps you can take to minimize freezing:

There are many things that you can do to help your computer do what you want without testing your patience...

- Do a disk cleanup (cache, temp files, old or unused files, recycle bin).
- Do not run any more applications at one time than you need to.
- If the freezing happens consistently with one application, uninstall and reinstall it - files associated with the application may have become corrupted. Always use Control Panel/ Add Remove programs, or the uninstall program belonging to the program to uninstall a program.
- If the freezing has been occurring since you installed a new program, uninstall it.
- Uninstall any programs that you may have downloaded and installed in the past, but no longer use.
- Get the latest Windows update at <http://windowsupdate.microsoft.com>
- Get any available patches for your software - go to the manufacturer's websites to check for patches or updates to your programs.
- Free up resources - click on Run and type "msconfig" in the dialog box. Next, click on the "Startup" tab. All the programs listed here with check marks are



running in system memory. To free resources Windows users may uncheck most items except anti-virus software. You must restart the computer for these changes to take effect.

- Run ScanDisk (or Check Disk in Windows XP, Vista and Windows 7).

- Defragment your Hard Disk.
- If you have an older computer and are trying to run multiple applications, you may need to upgrade your computer... check the system specifications recommended for the applications you are running to see if your system is capable of doing what you are asking.

- Obtain the latest drivers for your hardware - go to the web sites of the hardware manufacturers and get the latest drivers for your video card, sound card etc.
- Redetect your devices - remove the components from the Control Panel, System, Device Management screen. Reboot the system and let Windows redetect and add only those devices which are actually on your system.

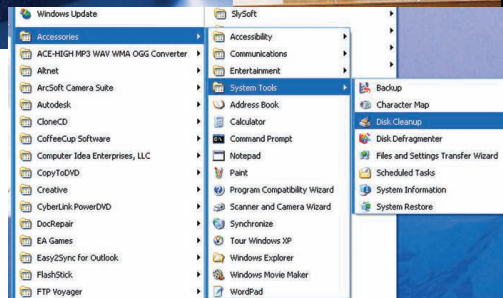
- Make sure that you have anti-virus software installed. Set it to automatically update virus definitions, to scan all incoming files, and to do a full system check at regular intervals.

Disk Cleanup:

You have probably been downloading programs, creating and deleting files, and installing new software without thinking about the effect this has on your hard disk space. It's probably time to have a cleanup. Windows XP, Vista and Windows 7 have a feature that cleans up your hard disk for you. It removes temporary files, empties the recycle bin and various other files - giving you the option to delete or not to delete. It is simple to run.

Do this clean-up as follows: Start > All Programs > Accessories > System Tools > Disk Cleanup.

When it opens up, select the C: Drive and start it. It will pop up and show you various types of files, each with a check box. Check the boxes for files you would like deleted and proceed. It should run through pretty quickly helping to free up more disk space on your computer.



Manual PC Cleanup

Some people prefer to use a manual procedure to clean up their PC.

Firstly, get rid of your Windows Temporary files.

Go to Start > Find > Files & Folders. Then search for "*.*tmp" (minus the quotes). The * allows you to look for any file that has a temporary file type. If you have done it right, only files that have a .tmp after them should appear in the search results. Now just click on the first one, hold shift, use the scroll bar to go all the way to the bottom, then click on the last one, and press delete.

Secondly, get rid of your

Temporary Internet files

Go to the Temporary Internet Files folder in the Windows directory. It should be next to the Temp folder. There shouldn't be anything in here that can't be deleted, so you can go ahead and delete the files in this folder.

Thirdly, empty your recycle bin. Right click on the Recycle Bin icon, select Empty Recycle Bin.

Many people have hundreds of files they "deleted" but they are still taking up space in the Recycle Bin.

Run the Disk Defragmenter

Editing and deleting files as you

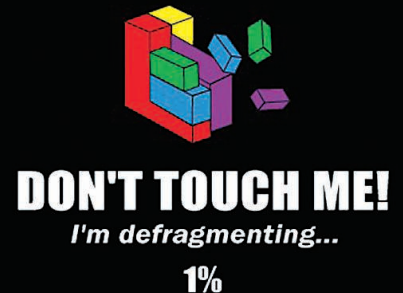
work leaves gaps on your hard disk. Instead of each file being stored in one continuous block, it ends up in several locations, resulting in inefficient retrieval of your data. As you add more data to your hard drive, the gaps left by previous deletions are filled. Your files become split, or fragmented. This will slow down your system - when you try to retrieve a file, the process is slower than if it was stored in one block. To make your disk storage more efficient, a process called "defragmenting" is used.

Windows has a built in defragmenter, which is located at:

Start > All Programs > Accessories > System Tools > Disk Defragmenter.

It is a good idea to run this program once a month. When you run the defragmenter, close all running programs. If programs are running it can cause data on your hard drive to be changed which makes the defragmenter start from the beginning... and never finish!

The more frequently you use defrag, the faster it will become.



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Constant rowing is damaging

Parents who row constantly and are in an unhappy relationship will sometimes stick together for the sake of the kids.

However, new research suggests that parents who stay together to avoid upsetting their

children may not always be doing the right thing. A study of nearly 7,000 10 to

15-year-old children by the Children's Society found that the difference between a young per-



Parents arguing in front of their two children

son's family getting along - or not - explains 20% of the variation in overall happiness with life.

Differences in family structure, such as parents living apart, only accounted for 2% of the variation in happiness.

Penny Nicholls, the Children's Society's director of Children and Young People, says that in the society's Good Childhood Inquiry report last year, it was clear that one of the most important things for children was the relationship with their families.

"So it comes as no surprise that the biggest single impact on children's well-being is conflict in families," she says.

"What may take others by surprise is that different family forms had a very limited impact on overall well-being."

She says the society has found that often children are well cared for and able to thrive, almost regardless of what form their family takes.

"It's not necessarily the most important factor. The most important factor is the quality of the relationships," she says.

"This sends out a very strong message to parents that it's not just about the quality of the relationship between the child and the parent, but also between the parents themselves, and how that impacts on children in the way they feel about themselves and their overall well-being."

She says the perceived notion that a happy family is one where both parents live together is rooted in a historical view of the family.

"The family has changed almost out of sight over the last 50 years, and there's been an acceptance of different family forms, but what people hold in their heads is that an ideal situation is where families always stay together."

A significant upheaval in a child's life, whether that be a separation or a new member coming into the family, does have an impact on a child's well-being, but they recover quickly.

And a key factor in that recovery is the quality of their parents' relationship.

"This is all saying very clearly that it's the adults who have the responsibility for their child's well-being," says Nicholls.

"It's best on parents to ensure they keep any conflict to a minimum, and behave nicely to

each other."

If that can't be done, and if mediation doesn't work, then separation could be the way forward, she says.

Suzie Hayman, of the parenting helpline Parentline Plus, says the survey results confirm what parents who contact the organisation say.

"We hear from parents that family conflict hurts," she says.

"This survey is additional confirmation that the shape of your family - married or unmarried couples, single parents, separated couples co-parenting - is far less important than how parents get on with each other, respect and cooperate with each other."

Hayman says that of course children would always prefer their parents stayed together, but says: "If this results in bitter conflict, it's far more damaging than parenting together while no longer co-habiting."

The survey also found that a child's appearance and confidence significantly affected their happiness, with 17.5% saying they were unhappy with how they looked, and 16% saying they were unhappy with their confidence.

Almost twice as many girls (21%) were unhappy with their appearance as boys (12%).

And Hayman points out that family conflict may also be at the root of children's worries about appearance.

"When children feel full of confidence and self-esteem, physical appearance is less important."

"Children with parents who support them and manage arguments and stress positively can also manage other issues."

She says parents need to give their children unconditional love, and do things like spending time with them over meals and talking about trivial matters.

"This means that when they have worries and need to talk about important things, they'll come to you more readily."

"When parents make time to be with their children, when children are respected and listened to, they worry less about appearance because they have the confidence that they're loved and loveable."

Melt

The headlines claimed it was the worst winter in years. While we couldn't stop moaning about the weather, your skin and hair were the silent sufferers of the big chill.

Frizzy locks, chapped hands, nippy toes and scaly skin - those extreme weather conditions have spelt disaster for our beauty regime.

Just as your body craves warming soups in the winter and fresh salads in the summer, our skin and hair also require some seasonal upkeep adjustment to correspond with the barometer.

Sally Penford, education manager at the International Dermal Institute, says: "While we don the opaque tights and long sleeves for winter, we somehow find it acceptable to ignore the skin on our bodies under the premise that we can't see it!"

"Just a few minutes a day can keep winter skin glowing with the freshness of summer."

See off the effects of Jack Frost and give your body some post-chill soothing.

Body work

Switching from arctic temperatures to stifling central heating is pretty unavoidable in the winter but the extreme contrasts leave your poor skin in a confused state.

"Skin becomes dehydrated during the winter months due to central heating drying the air and moisture being leeched from your body," Sally says.

Don't: Lather up with soap. Your skin has an acidic pH of between 4-6 to provide a barrier of protection against moisture loss.

"Soap completely strips this barrier and leaves your skin vulnerable," Sally warns.

Do: Swap your outdoor gloves for an exfoliating mitt and try a weekly body scrub to bring dull skin back to life. Once skin is smooth, boost your winter dry skin with an intensive moisturiser.

High fives

Unless you're in possession of some superhero gloves that keep every millimetre of your digits snug, your hands are one of the first areas to suffer in the biting cold.

Dr Susan Mayou, consultant

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away winter woes

Lisa Haynes helps rescue your skin and hair from the big winter chill



dermatologist and Neutrogena expert says: "Exposed areas like your hands are particularly prone to dryness. Frequent application of an effective moisturiser acts as a barrier against the cold and can prevent dryness."

Don't: Forget your SPF. There may be no sunshine but according to Dr Mayou: "UV rays can still penetrate in the winter months."

Do: Spend a few minutes before bed massaging hand cream into your paws so they can recover overnight.

Feet for a queen

It's easy to forget your feet when they're buried in Ugg boots and swathed in thick socks but your tootsies need special attention too.

Vaseline technical expert Atoshi Ghosal says: "Your feet remain one of the most neglected parts of the body but the truth is they require the same level of care as your face or body."

Don't: Wear irritating materials on your feet even if they do keep them snug.

"Wool keeps you warm in the winter but can feel rough on sensitive, dry skin," Atoshi explains.

Do: Use an effective emollient regularly on your feet to prevent dryness - it will need to be more moisturising than your usual body lotion.

Tamed tresses

Hat hair is the least of your worries in the winter. Cold and damp weather can leave your hair looking frizzy, flyaway and out of control - and not in an intentional mused-up way!

Aussie haircare ambassador Liz Taw says: "If your hair is lacking in moisture and there's moisture in the air, the hair cuticle will open up and not reflect light leaving hair looking dull, as well as unmanageable."

Don't: Neglect your weekly intensive treatments.

"Central heating can really dehydrate your hair, as it does with your skin, so I would advise a regular treatment once or twice

a week for extra protection," Liz says.

Do: Treat thirsty hair with a good moisture enriching shampoo and conditioner to help prevent breakage, split ends and frizz.



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Food for thought



It's estimated that some 6 million Brits suffer from migraines, a condition more prevalent than diabetes, asthma and epilepsy combined. For years scientists have sought treatment to conquer these headaches for good, but now the answer might lie in food intolerances.

Some may feel tired. Others will experience bloating or a lack of energy. According to charity Allergy UK such common-sounding problems affect some 12 million people across the UK - a whopping 45% of the whole



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population.

And these symptoms, as well as others, could all be related to food intolerances.

"It's always been underestimated just how much food has an influence on health," says GP Dr Hilary Jones ahead of Food Allergy and Intolerance Awareness Week, which runs from January 25-29, 2010.

There's a big difference between having a food intolerance and being allergic to certain foods.

Food allergies affect the body's immune system and, in some situations, can be life-threatening. Food intolerances tend to cause more everyday health problems such as fluid retention, nausea, IBS and migraines.

"When you think of the full range of foods we eat today, with their chemical content and potential to react in our system and cause symptoms, the variety of health-related problems is enormous," says Dr Jones.

A common problem

Certain foods have long been known to cause discomfort. Many people are intolerant to substances such as lactose, while others are allergic to peanuts and cereals containing gluten.

Reasons vary and depend entirely on the person and their genetic make-up - meaning that diagnosis and treatment can be very difficult indeed, according to Lindsey McManus of Allergy UK.

"The variation in the cause of food intolerance from person to person means that there is no one test to identify all types of food intolerance, however there are now tests available on the market that may help identify some of the major causes of symptoms. Unfortunately there are no such tests for establishing allergies," she says.

While food intolerances can be comparatively easy to live with, allergies are a major problem.

Being allergic to nuts or shellfish can result in an instantaneous and severe reaction. Sufferers can break into a rash, have dif-

ficulty breathing, experience swelling of the tongue - and in some cases need to be rushed to hospital.

But symptoms of food intolerances tend to be less specific, obvious and severe.

"As opposed to severe symptoms like respiratory distress, one could suffer from headache, aching joints, bloating, irritable bowel or sinusitis - all fairly non-specific symptoms," explains Dr Jones.

Migraines are one of the most debilitating problems, he adds, as they cause acute headaches, vomiting and visual disturbances.

It is thought that 12% of the British population suffer from migraines, but just how much of that is due to food intolerance is unknown.

Director Lee Tomkins of charity Migraine Action says: "We know from our own members that diet and certain foods can be a factor in triggering attacks and exacerbating symptoms for many."

Look at what you eat

Food intolerance sufferers often react to more than one food, which means that identifying the foods which cause the problem can be a long process.

"Symptoms can also take several days to develop, which can make it very difficult to identify the culprit food," says Dr Jones. Traditionally, sufferers keep

The results are then used to establish which foods are causing the problems and should be avoided.

However, there is no firm scientific evidence to support the role of IgG testing in the diagnosis of food intolerances.

Registered dietician Gail Pollard, a specialist on allergies, says if there was one foolproof test available she would use it.

"It would be ideal if we had one, but we don't. Personally, I take a full medical history from birth, a full diet history, symptom history and so on and take it from there."

"The gold-standard for diagnosing food intolerances is a good medical history, a good diet history and any dietary elimination of some description and then reintroduction."

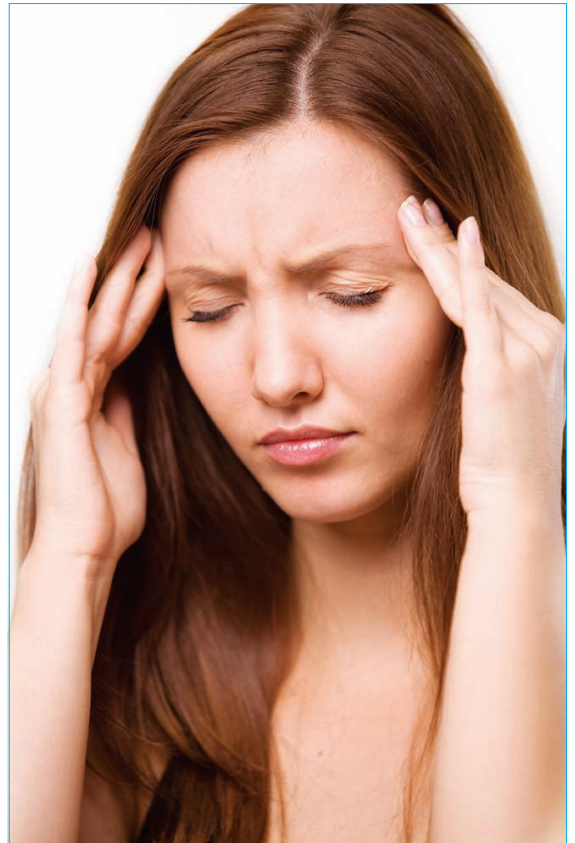
Pollard explains that the process of reintroducing food is very important.

"A lot of these alternative tests do not specify that. They unfortunately give the impression that you are intolerant or allergic to these foods and advise generally stopping them, but they don't advise adequately on trial reintroducing. So people go away often from a health food shop having some test done, under the impression they are so-called allergic."

She adds: "I had somebody yesterday who'd been told she was allergic to eggs and bananas and had been off them for the past couple of years without any adequate reason, so it needs to be properly monitored by experienced dieticians."

Advice for those worried about having an intolerance

"They need to ensure that there is nothing else that is an issue," says registered dietician Gail Pollard.



"Migraines are one of the the most debilitating problems, as they cause acute headaches, vomiting and visual disturbances."

"You could miss some other medical diagnosis such as coeliac disease for example. Often when people come off wheat as a result of doing a home test, for example, they're better and then they're poorly when they go back on the wheat, so they don't want to eat it again. But that means they can't be tested for coeliac disease and that can be very serious."

How to find out more

Recipes, tips on shopping in the supermarket and what common pitfalls to avoid, can all be found at the website Food Intolerance Awareness [www.foodintoleranceawareness.org], which also has lots of information about common food intolerances and their effect on the body.

With greater awareness about these intolerances, more people should start to feel in better health - even if they have to seek it out for themselves.

"For years the orthodox medical profession has neglected the role of food intolerance in ill health," says Dr Jones.

"If you took your dog or cat to the veterinarian with strange symptoms, one of the first things the vet would ask you is, 'What are you feeding your animal?' Very rarely does a doctor ask a patient with unexplained symptoms what they're eating."

If your doctor doesn't ask you, maybe now's the time to ask yourself.

Kate Hodal



The First Step of The YorkTest food intolerance testing service, currently available at the special price of £9.99/€11 (RRP£20/€23), from www.yorktest.com / 00 44 (0)800 074 6185.

a food diary to note every food and drink they consume and how it makes them feel. An expert then assesses the diary according to when symptoms were present in order to establish a pattern.

Home IgG tests are now available to those on the hunt for an answer to their health woes.

Blood samples taken from finger-prick tests can be sent away and the IgG (Immunoglobulin G) antibodies analysed against 113 different food antigens.

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Ministry of Invention

SIR, Lisbon's favourite ministry, the Ministry of Invention, has certainly been busy. So their strange vocabulary meant we had twice the normal rainfall in December?

I'm not sure why my garden, and my friends' gardens all had more. Does the ministry actually bother to measure rainfall, or guess it?

That other department that comes under the Ministry of Invention, the Tourist Board, really does need some professionals on the job. How on earth can we expect any improvement in trade in the Algarve if the head 'honcho' thinks we've just had our fourth best year? (Portugal News, 30th Jan.)

One of our neighbours reported that a new hotel with 150 rooms had 12 guests during the week after Christmas. The really odd thing is that two more massive hotels are being built less than a mile away. At least ten hotels within an eight mile radius of my home were shut altogether. Several others had whole wings or sections closed. Presumably the ministry does not count the empty beds in wings that have been closed due to lack of customers.

I visited Carvoeiro during Christmas week and was rocked to my boots. We used to live there a few years back. The place was like the proverbial tomb. And that was during the holiday week. You could have packed all the visible tourists into a minibus.

Usually the place is buzzing. Wherever I went the locals were saying it was the worst year for more than a decade.

We need drastic measures to revitalise the place. The trouble

nice villa up for sale on my site, say to me: "Will deal but get me out of here!"

It's sad to see so much desperation around while politicians, who could channel a spot of investment this way, take such an absurd attitude to the situation.

We need incentives for cheap airlines to fly in from various airports in the cold winter north. For gods sake you guys, get your act together while we still have a tourist industry here.

JOHN CLARE, Arao

T'was back in the late 50's

When Dick Bentley said, after taking a big big breath And intimated by saying "I'm going to do it Eth" "Do it" whatever—would sometimes linger longer on Prompting June Whitfield's famous quote "Ooh-Ooh Ron!"

For Ron you are of the opinion Climate Change is not so bad With boffins not disclosing all the info that they had So Ron as a man who is unbelievably so well read Please provide an answer to the following that's in my head

For centuries past, man's dug deep beneath the sea and sand For tin, coal, water, gas and even oil and gold in far off land Do you think it possible that one day it may transpire? The world's surface will quiver and start to reform in it's entire? That, say in a 100 years from now, some lands will never be? Not due to rising oceans, but Mother Earth filling the cavity? Or one day the human race will not go? the world around? But press "0" lift button in London and descend to Sydney Sound?!

RICHARD THURMAN

is, if the minister for tourism thinks we are doing well, that won't happen. Of course, the tourists aren't complaining; they've gone somewhere warmer and cheaper, like Egypt. (Last year's figures for tourists from the UK going to Egypt were up 147%. How does that make the Portuguese tourist board figures look?) It's the Portuguese, and the working foreigners who are in the soup. And some are getting quite desperate. I even had one gentlemen, who put his rather

The Wild West

SIR, While I read with dismay the reactions to the charity calendar, does anyone not know that there are far more serious concerns in the Algarve. Whilst the last weeks have seen a major disaster unfold all I seem to be reading and almost a full page at that is dribble about a calendar, can we please change the subject.

The more pressing issue in the Algarve is the systematic burglaries and robberies. The criminal

element now does not honor you the courtesy of waiting until you are out but the mere fact you have lights on or maybe inside makes no difference.

In such episodes recently the police cannot even locate properties, one Spanish national I know of who lives here has offered to buy the police GPS devices. Most of the crimes are not even reported or make the news; therefore the situation is far worse. A high barbed wire fence, cameras, nice yellow burglar alarm and a couple of dogs does not give you that warm cosy feeling anymore.

The fact is you can visit the local Aldi in Almonacid and still see the bullet holes from a year ago in the ceiling. Walk into the Sports bar and ask them who they had a visit from last year! A friend of mine recently left a another bar in the Almonacid area, jumped into his car, then an uninvited guest jumped into the back and held a gun to his head demanding money ... What is going on? Should I now be considering buying pepper spray or a handheld high voltage device? I moved to the Algarve for two main reasons, the climate and safety. I really am not getting the safety bit. We should not be in a position where our concerns for safety seem to be ignored; the police here carry guns and should be using them. The criminal element when arrested seemed to be in custody one day and released the next to continue their trade. In one recent arrest a Romanian had more flat screens in his house than The Box Shop in Faro!

Incidentally, he was let off on bail after his haul was recovered. It was quoted recently in another publication that the crime rate here is low in comparison to the 23000 violent incidents in the UK. Can I remind that individual who made that comment that the UK has a 65 million plus population compared to the estimated 350 thousand Algarve residents.

The latter country also wants closer ties with the Community of Portuguese Language Countries (CPLP),

lation compared to the estimated 350 thousand Algarve residents.

The Algarve is turning into the 'The Wild West' which is fairly evident, just read the papers. Maybe we will all have to publish our own charity calendars in the future as one thing for sure in a year there will not be any tourists wanting to visit our sands, the foreign office are already warning people to be aware and we know what that means for the local economy.

Instead of the local Câmara investing crazy amounts of money into new unnecessary road networks, repairs and infrastructure they should at least be diverting resources into their under paid and under equipped officers to tackle these outrageous crimes and get the Algarve its good name back.

GAVIN WAYMARK, By e-mail

Portuguese earthquake - 17 Dec. 2009

SIR, Further to the letter 30 Jan. re the quake. My property received some damage and an Assessor has been to view. It would be interesting to hear from others whose property received damage and what has transpired since. I get the distinct impression that Portugal and its inhabitants are trying to play it down, to the detriment of those who are recipients of damage. Also Insurance companies normally endeavour to think up a reason for not paying out if they possibly can. A web site where all whose property received damage could enrol, would be of considerable benefit in determining the collective amount and extent of the damage and the remedial works necessary.

T V PERROTT, Lagos

Southern Africa key region for Lisbon, says FM Amado

Southern Africa is an increasingly important region for Portugal, Lisbon's top diplomat said this week a day after the African Union leaders' summit.

"The most important region in the world for us is southern Africa, where we have interests and the possibility of widening our influence", Minister Luís Amado was quoted as telling the Lusa News Agency.

Minister Amado used the AU gathering for bilateral contact with officials from various southern African states interested in increasing the use of Portuguese, in particular Zambia and Swaziland.

The latter country also wants closer ties with the Community of Portuguese Language Countries (CPLP),

he added.

Amado also had bilateral talks with representatives from Angola, Mozambique, Gabon, Equatorial Guinea, Sierra Leone, Burkina Faso, Niger and Nigeria on issues including commercial ties and Lisbon's bid for a non-permanent seat on the UN Security Council from 2011-2012.

Portugal's No 1 diplomat also said he expected the new Malawi AU chair to be more "realistic" than its "non-hide-bound" and "idealistic" Libyan predecessor.

TPN/Lusa

Portuguese for Beginners

Emília Rosendo

160

THIS LESSON:
Revision exercises.

① Choose the correct word(s) - in a), b) or c) - to complete the sentences below.

1. Os turistas decidiram comprar ____ mapa da cidade para não se perderem.

a) uma b) um c) a

2. À segunda-feira eles ____ aulas de aeróbica.

a) frequentam b) atendem c) vão

3. Eu gosto de ____ a bailados e a concertos.

a) atender b) assistir c) frequentar

4. Os amigos do Rui viram-no muito triste e perguntaram-lhe se ele tinha ____ problema.

a) uma b) alguma c) algum

5. O café é normalmente bebido em ____.

a) tigelas b) chávenas c) copos

6. O champanhe é normalmente servido em ____.

a) cálices b) taças c) pires

7. Em que dia é que tu ____ anos?

a) fazes b) tens c) festejas

8. Para sobremesa eu vou ____ tarte de maçã.

a) ordenar b) pedir c) perguntar

9. Ontem eu tive um sonho muito estranho: sonhei ____ submarinos e dragões!

a) em b) de c) com

10. Em que ____ do ano há os melhores morangos e cerejas?

a) tempo b) zona c) altura

11. Eu sei que ele não está a chorar de verdade. Ele está simplesmente a ____.

a) fingir b) pretender c) intencionar

12. Ela vai ____ um cheque ao dono da loja para pagar a conta.

a) passar b) escrever c) preencher

13. A secretária apontou ____ do director a data e a hora da próxima reunião com os clientes angolanos.

a) no bloco b) no diário c) na agenda

14. Há cinco anos não havia nenhuma sala de cinema na cidade. ____ há duas e também um bonito e moderno teatro.

a) actualmente b) na verdade c) realmente

Please send your completed exercises, with your name and address, to me: Emília Rosendo at THE NEWS and I will send them back corrected
THE NEWS - Rua Município de S. Domingos, Urb. Lagoa-Sol, Lote 3 - r/c, 8400 - 415 Lagoa - Apartado 13, 8401-901 Lagoa
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Weekly
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josefrancisco@postaldoalgarve.com

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

Medium

Hard

		1		2		8		
	7						9	
	5		7	1	6		4	
3			4		8			1
4	8						5	2
1			2		5			9
	4		1	5	9		2	
	1						3	
		2		6		5		

	1			9		2			5
		3		5		7			
	6		8		7		9		
2		1				8		4	
	9		6		4		1		
		9		7		6			
6			4		9				3

					9	3			8
9		7					3		
	2		1				9	4	
5			9	2					
				8	7				5
	3	4			2		7		
		1					4		6
2				4	6				

CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

V	S	U	N	D	E	R	T	A	K	I	N	G
O	F	T	E	N	U	O	H	I	A	S		
G	R	E	A	M	N	L	K	A	L	S		
E	P	U	G	R	A	Z	I	E	S	T		
L	S	P	A	R	O	X	W					
P	I	E	C	E	A	U	B	E	T	A		
E	J	D	A	U	N	T	E	D	C	N		
T	E	A	T	R	I	Y	O	U	N	G		
A	C	K	C	U	S	E	S					
L	U	K	E	W	A	R	M	L	I	P		
N	M	O	D	S	E	L	O	P	E			
L	I	M	B	E	A	R	W	A	X	N	T	
F	E	S	A	I	N	E	P	T				
H	Y	D	R	O	P	H	O	B	I	A	R	Y

Last weeks solutions:

1	7	3	8	2	4	5	6	9	7	6	9	5	8	4	3	1	2	3	8	5	1	2	4	9	6	7
6	5	2	7	9	1	3	8	4	4	8	1	7	3	2	9	6	5	2	4	6	7	5	9	8	1	3
4	9	8	5	6	3	1	7	2	2	3	5	1	6	9	4	7	8	9	7	1	8	3	6	5	2	4
7	6	9	1	3	8	2	4	5	1	4	8	9	7	5	2	3	6	4	6	8	5	1	2	3	7	9
3	8	4	6	5	2	9	1	7	6	7	3	8	2	1	5	4	9	5	3	2	9	7	8	6	4	1
2	1	5	9	4	7	8	3	6	5	9	2	3	4	6	7	8	1	7	1	9	4	6	3	2	8	5
8	3	6	2	7	5	4	9	1	9	2	4	6	1	7	8	5	3	1	9	4	2	8	5	7	3	6
9	2	1	4	8	6	7	5	3	3	5	6	4	9	8	1	2	7	6	2	7	3	9	1	4	5	8
5	4	7	3	1	9	6	2	8	8	1	7	2	5	3	6	9	4	8	5	3	6	4	7	1	9	2

(Right: Last week's solution)

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

	9		23		18		5	3	17	4	26	23	22	7	26	
A	5	6	2	5	7		13		2		18			7		
B	12		2		23	3	14	13	16	20	23	12	13	23	3	
C	22	7	4	4	24		15		7		5			24		
D			13		4		5	2	15	5	24	5	12	23	7	
E	25	4	3	14	12	23	12	26		3		5			23	
F	20		14		13		17	25	4	21	13	7	26			
G	12		24		19	8	5	23	14	5	12	3		5		
H	10	5	5	7	5	12		24		13		19		12		
I	5		3			5		23	19	22	5	19	14	4	19	
J	8	13	14	14	13	25	13	19	24		3		23			
K		3		15		11		13		14	20	7	13	2		
L	24	5	24	4	12	23	22	13	7	13	23	7		4		
M		12		3		18		5		14	8	5	23	11		
	19	14	23	18	18	5	12	5	1		5		1	5		

PRIZE CROSSWORD 1047

1		2		3			4		5		6
7						8					
					9						
10							11				
12						13					
					14				15		16
				17					18		
19		20						21			
22						23					
24							25				

ACROSS

- Choice (6)
- Keep (6)
- Strain (7)
- Rely (5)
- Want (4)
- Depart (5)
- Valiant (5)
- Otherwise (4)
- Skill (5)
- Ignorant (7)
- Concur (6)
- Accent (6)

DOWN

- Satisfy (7)
- Dazed (7)
- Droll (5)
- Uneasy (7)
- Blurred (5)
- Combine (5)
- Try (9)
- Feign (7)
- Butcher's axe (7)
- Free (7)
- Fragment (5)
- Lift (5)
- Squander (5)

A €10 Algarve Book Cellar token will be awarded to the sender of the first correct solution opened next Thursday. Solutions to: The Portugal News Crossword N° 1047, Apt. 13, 8401-901 Lagoa. Please be sure to enclose your name, address and phone number.

WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

Z	E	E	Y	I	E	F	J	U	G	D	Z	R	E	D
A	D	Z	Z	P	E	Q	T	M	N	O	W	S	R	S
L	M	A	A	N	S	X	S	S	I	B	I	A	V	Y
S	Q	C	J	K	O	S	O	V	G	O	U	L	I	D
X	S	E	G	Z	E	R	V	V	N	T	R	E	F	M
E	P	T	U	D	T	E	B	I	O	T	L	O	A	R
A	W	H	D	X	M	R	P	M	L	D	N	I	Y	I
T	N	O	N	P	H	W	O	H	E	L	N	Q	A	M
K	G	T	N	H	U	B	O	P	B	L	A	Z	R	F
O	M	T	X	B	I	N	S	A	P	F	Z	G	Y	R
Y	L	D	G	L	S	R	P	T	U	E	P	E	I	
R	D	S	E	C	I	T	O	N	C	B	S	S	F	A
U	R	E	T	C	A	R	A	H	C	F	K	O	P	F
B	G	B	T	Q	S	G	I	N	C	O	M	E	A	F
T	N	S	L	D	N	U	O	F	O	R	P	A	C	A

INCOME, CHARACTER, VILLAGE, MAIN, PROFOUND, GODDESS, NOTICES, YIELD, BURY, AFFAIR, KEEP, NOISE, ESCAPE, BRONZE, AUTOMOBILE, BELONGING, SUPPORT

SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.



Last weeks solutions

Across: 1 Soars; 4 Oppress; 8 Adamant; 9 Owing; 10 Deny; 11 Interest; 13 Darn; 14 Edit; 16 Opponent; 17 Hall; 20 Dread; 21 Unsound; 22 Resists; 23 Sieve.

Down: 1 Standing order; 2 Again; 3 Seam; 4 Outing; 5 Proceeds; 6 Evident; 7 Sign the pledge; 12 Grenades; 13 Depress; 15 Annuls; 18 Amuse; 19 Uses.

Last weeks winner: Mrs Jackie Foat, Guia

Last week's solution:



The next big taste

As the new decade gets going, Sarah O'Meara looks at which food trends are set to become more popular.

As we enter a new decade, expect to be eating roast grouse for lunch, followed by a helping of ripe mangosteen. At least, that's what the experts say.



Caraway spatchcock poussin with bitter greens (Serves 4)

2 large or 4 small poussins
175g Dijon mustard
2½tbsp caraway seeds
450g corn on the cob
2 radicchio hearts
20 celery leaves
75g rocket
2tbsp oil
1tbsp white wine vinegar
Sea salt and black pepper to season

Pre-heat the oven to 170°C, 325°F, Gas Mark 3. To spatchcock the poussin, place a sharp knife in the bottom of the poussin cavity, make a slit across the length of the cavity and flatten the bird. Repeat with each of the poussins and place on a baking tray.

Using a brush, baste the birds with the mustard (reserving 1tbsp of the mustard for use later). Sprinkle the birds with 2tbsp of the Caraway Seed, then cook in the oven for 40 minutes. Remove from the oven and place under a low grill for a further 10 minutes, turning occasionally.

Meanwhile, place the corn on the cobs in a pan of salted boiling water and cook for 10

minutes. Drain and run under cold water to cool.

Remove the corn kernels from the cob with a sharp knife and transfer to a blender along with the remaining 1tbsp mustard and ½tbsp caraway seed. Season well and blend until a fine paste is formed.

Break the leaves from the radicchio hearts and transfer to a bowl along with the celery leaves and rocket.

Combine the oil with the white wine vinegar, season and pour over the salad leaves, toss to coat thoroughly.

Serve the whole or halved spatchcock poussins with the bitter salad greens and a spoonful of the corn puree.



Roasted cumin, chickpea and spinach curry (Serves 4)

3tsp cumin seeds whole
1tbsp oil
1 red onion, sliced
2tbsp korma curry spice
325g butternut squash, diced
400ml tin coconut milk
400g tin chickpeas, drained
200g (7oz) spinach
2tsp lemon juice
Sea salt

Dry-fry the cumin seeds in a frying pan for 30 seconds, remove and lightly crush 2tsp with a pestle and mortar. Set aside separately from the remaining whole cumin seeds.

Heat the oil in a large pan and fry the onion on a low-heat for 5 minutes, until softened and golden brown.

Add the korma curry spices and crushed cumin seeds and fry for 1 minute to release the

flavours. Add the butternut squash, coconut milk and chickpeas. Bring to the boil, cover tightly and simmer for 10 minutes, until the squash is tender.

Add the spinach and stir through until wilted. Season with the lemon juice and sea salt, as desired and garnish with the reserved whole cumin seeds.

Serve immediately with warm naan bread.



Courgette and mackerel salad with mint (Serves 4)

4 medium courgettes
Zest and juice of 2 limes
2tbsp mint
2tbsp extra-virgin olive oil
250g tin mackerel fillets, in oil
8-12 anchovy fillets
Extra-virgin olive oil
Ground white Pepper
Sea salt

Wash the courgettes and slice into ribbons, using a peeler. Set aside in a salad bowl. Mix the zest of 1 lime, reserving the remaining zest for garnish, and the juice of 2 limes together in a small bowl. Stir in the mint, drizzle in the olive oil and season to taste. Add the courgettes ribbons and toss to coat evenly.

Place the courgette ribbons onto individual plates or bowls. Flake the mackerel and add to the courgettes.

Place 2-3 anchovy fillets on each salad, according to preference.

Drizzle with any remaining lime dressing and garnish with the remaining lime zest.



Pan fried duck with rhubarb and ginger sauce (Serves 4)

4 duck breasts, skin on
4tbsp honey
125g rhubarb, finely chopped
50g dried cherries
1tbsp ground ginger
300ml orange juice
300ml rosé wine

Pre-heat the oven to 200°C, 400°F, Gas Mark 6. Heat a frying pan, add the duck breast, skin side down and fry until the skin is crisp. Transfer to an ovenproof dish, keeping the pan and the fat for later. Pour 2tbsp honey over the duck and roast in the oven for 10-15 minutes, or until cooked to your liking.

Remove the duck from the oven, reserving the juices from the duck, and allow to rest for 5 minutes.

Add the rhubarb, dried cherries and ground ginger to the fry-

ing pan that you used to cook the duck and cook for 1 minute. Remove from the pan and set aside.

Pour the orange juice and rosé wine into the frying pan and bring to the boil for about 10 minutes, allowing the liquid to reduce. Add the juices from the duck and the remaining honey, and bring back to the boil. Reduce to a sauce consistency, then return the rhubarb and cherries back to the pan for 1 minute.

Serve the cooked duck with the rhubarb, cherries and sauce.

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Love is in the air.

It is said that when you find something special, you just know. And you just know from the moment you arrive at Vila Vita that it is indeed very special. So if you are looking for the ultimate Valentine's Day treat, a dreamy getaway that is relaxing, luxurious and, of course, unforgettably romantic, then Vila Vita is an ideal suitor.



Pictured above: one of the suites and below the hotel's beach restaurant.



Pictured: the view from one of the hotel's balconies.

With its charmingly luxurious interior, breath-taking setting, lavish spa and fine food, Vila Vita is a five-star resort tailored to spoil each and every one of the five senses. It is like being welcomed into a big, comfortable family home, where you spend your time at ease, but with all the treats and trimmings one would expect of a luxury, five-star resort.

Rounded, whitewashed Moorish architecture is the embodiment of Vila Vita's Algarvean roots; inside, thick walls and quaint alcoves are accessorised with elegant, ec-

lectic furnishings. All furnishings have been handpicked to complement the beautiful country and landscape surrounding Vila Vita. They are set off by traditional ceramics, original works of art and valuable carpets.

Outside, lush gardens harmoniously surround the main buildings, boasting beautiful, mature Mediterranean flora and manicured lawns that roll all the way to the dramatic clifftops, beyond which is the ocean.

The experience is 100 percent pure Portugal; from the hand-made regional sweets and fresh fruits that can be enjoyed at Vila Vita, to the linen on the beds, the ingredients used to create the menus in all of the several restaurants, and the fragrant scents that float in the air while taking a romantic

stroll through the gardens.

Accommodation is available in the form of rooms, suites and villas, some with their own gardens and pool. A grand view of the park and the ocean can be enjoyed from almost every one of the 61 rooms and 12 suites. It is, in a word, exquisite.

To celebrate Valentine's Day Vila Vita has put together two special packages that promise romance and relaxation in a luxurious setting.

The 'Valentine's Spa Sensation' package starts at €440,00. It includes: one night accommodation in a Deluxe Room, buffet breakfast in the restaurant, welcome amenity (Chocolate covered strawberries and bottle of

champagne), a Rose Petal Turn-down, and a couple's St. Barth Sensation massage.

Alternatively, opt for the 'Lover's Double Delight' package, which starts at €675 and comprises: one night accommodation in a Suite located at the Residence, breakfast in the privacy of your room or in the Hotel's main Restaurant, chocolate-dipped strawberries and a bottle of Champagne, and a Rose Petal Turn-down with a special amenity. It also includes gourmet dinner for two in the Michelin-starred Ocean Restaurant (beverages not included), the St. Barth Sensation couple's massage, and a private Butler Service.

Both packages are limited to two people per suite. Valid for stays between 13th and 15th February 2010, subject to availability and cannot be combined with any other offer. Advance reservations are required; rates do not apply to groups.

Rates listed are per room, per night, single or double occupancy. Hotel and resort credits cannot be used toward room rate, Boutique or gratuities. Credit cannot be reimbursed or exchanged if not used. Credit must be used during stay.

For rates, more information or bookings, call (+351) 282 310 161 or send an email to: reservas@vilavita.com.



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Crossing the 'pond' in comfort

It's not a lot of fun crossing the Atlantic in economy, but the price for the comfort of Business Class with its wide comfortable seats that convert into beds is beyond the reach for many. Or is it?

It's surprising how few people realise that with a bit of advance planning, and using the right Credit Cards that give the opportunity for free upgrades, and sometimes free Business Class seats are easily within reach. You can upgrade from Economy to Navigator class from Lisbon to New York on TAP for just 20,000 miles.

Millennium Bank has two credit cards that are linked to the TAP Victoria programme. The



You have to join the TAP Victoria programme first, which you can do online at the TAP website: (www.tapvictoria.com), and then once you have one of these cards you need to 'link' them to your TAP membership.

Many other companies are joining this programme from hotels to car rentals, cruises, and even fuel from Galp. Nearly every hotel loyalty programme, not to mention car hire companies will allow you to transfer miles earned with them to be transferred to your TAP Victoria account. Use every partner service available and it's surprising how fast your miles can add up.

for special promotions; frequently banks and other institutions will give you bonus miles for joining one of their services. During 2008 I obtained 70,000 miles free of

ample), use your cards wisely and take advantage of the many 'deals' that occur throughout the year. You are not restricted to TAP flights as TAP belong to the Star Alliance network, which includes many of the world's top airlines. TAP's Navigator

service across the Atlantic is very good indeed with Recaro electric seats that recline to almost flat bed.

Over Christmas we used our points to also fly with UNITED and CONTINENTAL, both good, but CONTINENTAL was the best and they fly direct from Lisbon to New York. TAP has the edge on seat comfort, but Continentals' entertainment system was better with hundreds of 'on demand' films.

The Star Alliance network seems to grow larger every month, and I noticed that they are now even introducing dedicated terminals with some airports so when you change between carriers within the Alliance, you don't have to change terminals.

Whichever airline you choose, with a little careful use of the Victoria programme and the right credit cards, you could enjoy a lot more comfort across the Atlantic, with plenty of room, almost (or totally) flat beds and lots of legroom.

P.L.

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Despite what you may find on the internet, cruise lines very carefully control their prices on a weekly basis, and every agent receives the same prices. This is why it's helpful to be able to speak direct to a main agent and get their advice on current prices and the latest offers. For the best prices and the best advice, call Melair on (+351) 210 329 416 (in English) and please mention that you are a Portugal News reader to benefit from very special arrangements.

TAP Victoria VISA card earns you one mile for every Euro you spend, and the AMEX TAP Victoria card earns you two miles for each Euro spent, and come with a host of other advantages including lounge access and even two days of free airport car parking in Portugal and extra travel insurance cover (we are not sure at this moment how much value you can put on this insurance as we have an outstanding claim since last September, which AMEX have not yet resolved). Also bear in mind that the Victoria AMEX annual fee is more expensive, but balance that with the fact you are getting double mileage with this card.



It just needs a little dedication to detail, but its well worth it.

You need to keep an eye out

charge by simply taking advantage of special offers to join or subscribe to a new service.

During the last few months of 2009 TAP were offering flights for half the normal miles, or you could buy extra miles at half price. If you have a business, applying for these cards for your staff becomes even more interesting as every issued card can be 'linked' to you TAP account gaining you extra miles from staff cards as well.

Once you have sufficient miles, and it's not difficult (currently the Economist is offering up to 40,000 free miles if you take out a subscription, for ex-



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Keeping our dogs amused



With age comes experience and I often wish that I had had more experience with doggies when I was much younger. Perhaps it is just that over the year's, peoples thoughts about our four footed friends has changed. In my parent's early doggy owning days I never remember our dogs having toys or really doing very much. Our really 'special' ruffy tufty fluffy black dog, (that arrived in our house when I was 9 and left after I left,) used to spend most of his life with my sister and I. During my teenage years he had to put up to me whining to him in the wee small hours about how unfair my life was—it was not but at that age I perceived it as such!!

Things have changed, we have learnt a lot, well, I have. I well remember when we chose our first OES pup, somehow I thought that he would train himself and learn about life while fitting into my hectic life with a Hotel and 2 children. Somehow he did train himself eventually and he was the love of my life—BUT I learnt a few lessons as well and I 'grew up' a bit. So, each dog since has been to training classes and each dog has learnt the joy of play and toys. I have learnt that, just like

with a young child, you really cannot leave them alone for hours and expect them to do nothing.

So, what have I learnt and how do you keep them amused. I will pass on my thoughts as people are always asking.

Obviously every dog is different so we have to 'gear' our ideas to the particular dog. Some like chasing a ball, some playing football, some digging holes (that seems popular as youngsters) and some burying and then searching for things. It's always best to get them involved in what they love to do. Mopett my first OES used to eat the strawberries off the plant, I well remember Lennie digging up all my pansies his first year at home. Merlin likes tomatoes so to leave them growing on a plant at doggy level would be a temptation to him.

As most are aware we have four dogs, they all have their own special 'likes'. Chloe the older OES will on a daily basis suddenly decide that it is 'her' moment, she will search the garden for a special ball—her favorite being a Kong baseball—she will take it to Jim wherever he is and wait for him to start ball games. She is fantastic to watch as she runs

backwards anticipating where he will throw it—the aim is really to catch it as it goes over her head. For a big dog with Hip Dysplasia she is very agile—thank you to daily Joint Aid. Throughout this she will bark excitedly, she is not a barking dog so this is out of character.

Cleo is highly intelligent so has her own ideas of amusement. She remains a Diva as I have often said, so some days she is very clever at retrieving anything, other days she will just sit and watch. Inside the house she loves her Kong 'stuffaball' and will happily roll it around the floor for hours as the food escapes, same with a normal Kong or the Kong bones—she is stomach motivated at times.

Merlin surprises us at times, he doesn't really see the point in retrieving. However he will throw toys in the air for ages. He will put on a performance in front of the television that prevents any idea of us viewing it, he jumps in the air, throws vetbed in the air, cushions flying and he chases his tail vigorously.

Cassie, well she is still a youngster and she plays with all her toys, loves anything with a squeaker especially the Kong Wubba which she will squeak for hours. She plays 'tug' with Merlin she is a very play motivated dog.

Of course come the warmer weather the PWDs will play for

hours in the water—not so the OES who cannot understand the attraction.

So, how to keep our dogs amused, a few ideas:-

Play searching games, hide food under plastic pots in the garden, repeatedly saying 'find it' and pointing or leading your dog. Make sure to get really excited when he finds it—very quickly this will be the fun new game.

Activity feeding, this is using part of your dogs daily feed as treats within dispense feeders. For instance the Kong toys, classic, stuffaball, biscuitball, goodie bone. I can recommend them all as my dogs have had them for over 25 years—I still have the first one I ever bought, it looks the same as it did.

Mix training with play. Use food and toys as rewards when training. Take the toys and treats out when training and call the dog back regularly for a game as you are training. I am back with Cassie doing this as she has been badly frightened by a Judge in a ring and it has put her back six months. It is hard work and time consuming but I am hoping with Cassie I will eventually win the battle.

Happy play for all of you—it will all be easier when it has stopped raining of course!!

Jan Cobley
Paws 4 Pets
916 273 376

www.paws4pets.net



TUCHINHO, a beautiful honey coloured dog, male, around 1 year old, 1 year old approx. He is a little unsecure and is always ready for a cuddle. He is very young, and is looking for a family that will give him a home and a good life. He is at the moment at the **Canil Municipal de Lagos** - Visiting times: Monday to Friday from 8h30 to 12h00 and from 13h00 to 16h00. Contacts for adoption: 282 798 496 / 917 448 583 or e-mail: adoptem.nos@gmail.com / This appeal was published by **Associação Cadelá Carlota** - <http://animaisdelagos.blogspot.com/2010/01/tuchinho-lindo-caozinho-jovem-cor-de.html>



This is **NEMO**, he is 5 years old. Loves to play, go for walks, lie at your feet, cuddle in bed and basically be around you all the time. He is very affectionate, does not bite, gets along great with other dogs, cats and children. He has been castrated, chipped, and up to date on vaccines. He weighs 11.5kg. Please call 918 973 896.

If you are looking for a nice loving cat, I have 36 to show you. Many different colours and sizes. They are all wormed and deflead and some have had the first vaccination. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



RUSO, young (1 year old), small (9 kg) and very gentle dog is looking for a new home. We have been seeing him for many days near a local school, kids were giving him food and playing with him until one day a child kicked him and broke his nail, so one of our friends decided to bring him to our shelter. He still likes children though.... If you would like to give him a home, contact us at: sesimbra.bianca@gmail.com or see more on www.bianca.pt



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ALGARVE

SBC
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TEL: 289 887 212
4 FEB-10 FEB

- 1**
Avatar
Sam Worthington, Michelle Rodriguez
14.30-17.45-21.00
Where the Wild Things Are
Max Records, Catherine Keener
(10.00-12.15 Sat & Sun)
- 2**
A Bela e o Paparazzo
Soraia Chaves, Marco de Almeida
14.00-16.35-19.10-21.50 (00.30 Thu-Sat)
- Planet 51**
Animation PV
(10.50 Sat & Sun)
- 3**
Whatever Works
Larry David, Evan Rachel Wood
(12.35 Sat & Sun) 14.45-16.55-19.05-21.20 (23.40 Thu-Sat)
- 4**
Invictus
Morgan Freeman, Matt Damon
18.40-21.30 (00.20 Thu-Sat)
- 5**
The Princess and the Frog
Animation PV
(12.10 Sat & Sun) 14.25-16.40-18.55-21.10 (23.30 Thu-Sat)
- 6**
Up In The Air
George Clooney, Vera Farmiga
14.20-16.50-19.15-21.40 (00.10 Thu-Sat)
- Arthur et la vengeance de Maltazard**
Animation PV
(10.10 Sat & Sun)
- 7**
The Men Who Stare at Goats
George Clooney, Ewan McGregor
13.20-15.30-17.40-19.50-22.00 (00.15 Thu-Sat)
- Up**
Animation PV
(10.55 Sat & Sun)
- 8**
Bright Star
Abbie Cornish, Ben Whishaw
15.55-18.30
- Un Prophète**
Tahar Rahim, Niels Arestrup
21.05
- Sherlock Holmes**
Robert Downey Jr, Jude Law
(00.15 Thu-Sat)
- Alvin & the Chipmunks 2**
Jason Lee, Zachary Levi
(11.00 Sat & Sun) 13.50
- 9**
Nine
Daniel Day-Lewis, Marion Cotillard
13.55-21.25
- Sherlock Holmes**
Robert Downey Jr, Jude Law
18.35
- Old Dogs**
John Travolta, Robin Williams
(11.50 Sat & Sun) 16.30 (00.10 Thu-Sat)
- CASTELLO LOPES CINEMAS ALGARVESHOPIPING**
TEL: 707 220 220
4 FEB-10 FEB
- 1**
Invictus
Morgan Freeman, Matt Damon
12.50-15.40-18.30-21.20 (00.10 Fri & Sat)
- 2**
Avatar
Sam Worthington, Michelle Rodriguez
13.00-16.30-21.10 (00.25 Fri & Sat)
- 3**
Old Dogs
John Travolta, Robin Williams
13.35-16.20-18.50-21.00 (23.40 Fri & Sat)
- 4**
A Bela e o Paparazzo
Soraia Chaves, Marco de Almeida
13.20-15.50-18.20-21.15 (23.45 Fri & Sat)
- 5**
Alvin & the Chipmunks 2
Jason Lee, Zachary Levi
12.45-15.05-17.05-19.10
- Thick as Thieves**
Morgan Freeman, Antonio Banderas
21.05 (23.30 Fri & Sat)
- 6**
Whatever Works
Larry David, Evan Rachel Wood
13.40-16.10-18.40-21.40 (00.05 Fri & Sat)

- 7**
The Men Who Stare at Goats
George Clooney, Ewan McGregor
12.55-15.00-17.10-19.20-21.30 (00.00 Fri & Sat)
- 8**
The Princess and the Frog
Animation PV
13.10-15.20-17.30-19.40-21.50 (00.15 Fri & Sat)
- 9**
Up In The Air
George Clooney, Vera Farmiga
13.30-16.00-18.35-21.25 (23.50 Fri & Sat)

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
4 FEB-10 FEB

- 1**
The Princess and the Frog
Animation PV
13.10-15.10-17.20-19.30-21.30 (23.40 Fri & Sat)
- 2**
Up In The Air
George Clooney, Vera Farmiga
13.40-16.10-18.40-21.40 (00.20 Thu-Fri & Sat)
- 3**
A Bela e o Paparazzo
Soraia Chaves, Marco de Almeida
13.50-16.20-18.50-21.50 (00.30 Fri)
- 4**
Avatar
Sam Worthington, Michelle Rodriguez
13.20-16.30-21.00 (00.10 Fri & Sat)
- 5**
Invictus
Morgan Freeman, Matt Damon
13.00-15.40-18.20-21.10 (23.50 Fri & Sat)
- 6**
Nine
Daniel Day-Lewis, Marion Cotillard
13.30-16.00-18.30-21.20 (00.00 Fri & Sat)

OV = Original Version
PV = Portuguese Version



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UCI Cinemas

Tel: 707 23 22 21
www.uciportugal.pt



Zon Lusomundo Cinemas

Tel: 707 24 63 62
www.zonlusomundo.pt

Film Classification

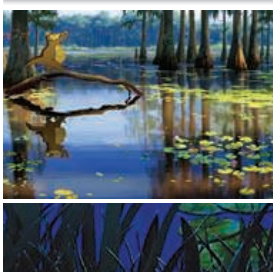
- The Princess and the Frog - M/6
The Men Who Stare at Goats - M/12
Whatever Works - M/12
Invictus - M/12
Antichrist - M/18
Up In The Air - M/12
Nine - M/12
Where The Wild Things Are - M/6
Did You Hear About The Morgans? - M/12
Sherlock Holmes - M/12
Alvin and the Chipmunks 2 - M/6
Avatar - M/12
- M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over

Title: The Princess and the Frog

Genre: Animation | Family | Fantasy | Musical | Romance

Voices: Anika Noni Rose, Bruno Campos, Oprah Winfrey, Terrence Howard, John Goodman

Synopsis: From the creators of *The Little Mermaid* and *Aladdin* comes a modern twist on a classic tale, set in the great city of New Orleans and featuring a beautiful girl named Tiana, a frog prince who desperately wants to be human again, and a fateful kiss that leads them both on a hilarious adventure through the mystical bayous of Louisiana.



Title: The Men Who Stare at Goats

Genre: Comedy | War

Stars: George Clooney, Ewan McGregor, Jeff Bridges, Kevin Spacey

Synopsis:

Reporter Bob Wilton is in search of his next big story when he encounters Lyn Cassady, a shadowy figure who claims to be part of an experimental US military unit. According to Cassady, the New Earth Army is changing the way wars are fought. A legion with unparalleled psychic powers, that can read the enemy's thoughts, and even kill a goat simply by staring at it. Now, the program's founder has gone missing and Cassady's mission is to find him.



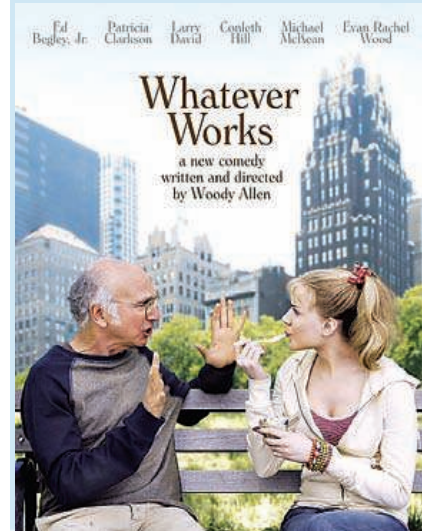
Title: Whatever Works

Genre: Comedy | Romance

Stars: Larry David, Evan Rachel Wood, Conleth Hill

Director: Woody Allen

Synopsis: An eccentric New Yorker abandons his upper class life to lead a more bohemian existence. He meets a young girl from the south and her family, and no two people seem to get along in the entanglements that follow.



HIGHLIGHTS



LISBON - From February 2 to 28 - 'Lengos d'os Namorados' (Valentine's handkerchiefs), with all its charm, will be on display in a magnificent building

with a few centuries of history, near the Cathedral of Lisbon. It is in the 'A Arte da Terra' (The art of the earth), a space dedicated to Portuguese Traditional Culture, on Rua Augusta Rosa No. 40 - 212 745 975 - <http://www.aartedaterra.pt>



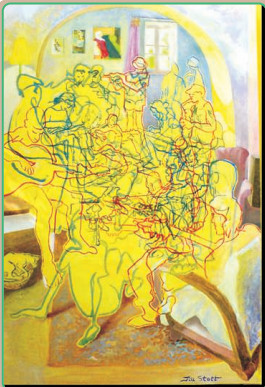
PORTIMAO - February 9 - New Orleans Jazz at Casa Inglesa Restaurant - 20h30 - For reservations, please call: 934 954 348



ARMAÇÃO DE PERA - February 16 - Pancake-racing is one of the more unlikely events on the British sporting calendar and takes place in many towns and villages each Shrove Tuesday in the UK. The object of the race is to run and get to the finishing line first, carrying a frying pan with a (cooked) pancake in it whilst flipping the pancake a pre-decided number of times. The skill lies not so much in the running of the race but in flipping - and catching - the pancake, which must be intact when the finishing line is reached. This tradition has reached the beaches of the Algarve. For a number of years on Shrove Tuesday the **APAA-Association for the Protection of Animals**, have organised Pancake Racing on the beach of Armação de Pera in front of the Hotel Garbe. This year Shrove Tuesday is 16th February - Come along! - Starts at 10h30 - Races for all ages - little toddlers, big toddlers and children of all ages! Mums and Dads and Grandparents too! Prizes for every Winner. And Afterwards pancakes, with all sorts of delicious sweet and savoury fillings, will be served in the Hotel Garbe Bar - Sweet filling - €1.50 each - Savoury filling - €2.50 each. All proceeds from the event will go to the APAA. All Welcome! - For more details please phone Jane on 282 320 260 or Jenny Tucker on 919 041 903. Book now!



LAGOS - February 18 - Madrugada, supporting people affected by life limiting illness, presents a Karaoke Night at the Restaurant Mirage in Luz - 19h30 - Tickets at 15 include a 3 course meal - Please make reservations with Annette on 282 762 620 - Joan on 967 732 508, Marie on 918 571 207 - or visit the Charity shop in Luz. Have Fun!



LOULÉ - Until February 26 - The Chá d'Arte presents the Exhibition 'SWIRL' - Drawings and Paintings by Jill Stott - The art gallery Chá d'Arte is situated in the historic centre of the city on Largo D. Pedro I, nº 5-6 - E-mail: chadarte@sapo.pt

chá d'ARTE
Casa do Chá & Galeria de Arte

ALBUFEIRA

UNTIL FEBRUARY 27

Exhibition of Engravings by Daniel Vieira - Municipal Art Gallery - Monday to Friday from 10h30 to 16h30 (Closed Sundays and public holidays) - www.cm-albufeira.pt

ALMANCIL

FEBRUARY 10 AND 13



Concerts 'Chopin by Candlelight' - Feb 10th at 19h30pm: Piers Lane (piano) interpreting composers

Schubert, Brahms and Chopin and Feb 13th at 19h30pm: Piers Lane (piano) interprets composer Frédéric Chopin - Bookings through telephone number: 289 395 475 - Centro Cultural São Lourenço - e-mail: ccsl@iol.pt - centroculturalsaoulourenco.com

UNTIL APRIL 1



Collective Exhibition by acclaimed artists at Art Gallery São Lourenço - David de Almeida, Manuel Baptista, Carlos Barão, Jean-Marie Boompette, Saskia Bremer, Teresa Calém, Rafael Canales, Philippe Claisse, João Cutileiro, Gervásio, Günter Grass, José de Guimarães, Gil Maia, Juan Martinez, Shintaro Nakaoka, Susan Norrie, João Paramés, A. R. Penck, Alfredo Garcia Revuelta, Bartolomeu dos Santos, Nuno Santiago, Georg Scheele, Antoni Tapiés, Glyn Uzzell - Centro Cultural São Lourenço - Open: 10h00 to 19h00 - 289 395 475 - e-mail: ccsl@iol.pt - www.centroculturalsaoulourenco.com

FARO

FEBRUARY 26

Great Pianists Series of Concerts - Figuras Theatre - 21h30 - Tickets: €12 & €16 - 289 888 100 - www.teatromunicipaldefaro.pt

LAGOS

FEBRUARY 26

'Jazz com todos' (Jazz with All) by the Lagos Jazz Orchestra at Centro Cultural de Lagos - 21h30 - 282 770 450

DAILY

Visit the new Charity Shop in Amadena - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - LAPS - Lagos Animal Protection Society - 282 687 334

SOUTH

LOULÉ

DAILY

Exhibitions at Chá d'Arte - the art gallery is situated in the historic centre of Loulé

OLHÃO

FEBRUARY 20

Theatre play 'The Monkey with the cut tail' - Municipal Auditorium - 16h00 - 289 710 170

PADERNE

DAILY

Art Exhibition at Galeria Corte Real - Signposted from Ferreiras, Boliqueime & Pademe - 918 980 199 / 912 737 762

PORTIMÃO

FEBRUARY 27

Theatre play 'One hood, two wolves and a pig times three' - Small Auditorium of Municipal Theatre - 16h00 - €5 - 282 402 475 / 961 579 917 - e-mail: info@teatromunicipaldeportimao.pt

FEBRUARY 27

Concert Series of Great Pianists - Municipal Theatre - 21h30 - 282 402 475 / 961 579 917 - www.cm-portimao.pt

S. BRÁS DE ALPORTEL

FEBRUARY 28

Fado Evening - Museu do Trajo - 21h00 - Friends of the Museum - 966 329 073 - www.amigos-musey-sbras.org

FEBRUARY 6

The Amigos do Museu de S. Brás de Alportel First Art Opening Preview of 2010 - 18h00 - Come raise a glass with us and admire the works of; Else v.d.Laan, Seegrund Lubke, Steff Bauer, Miguel Fazenda, Paulo Ruben and Soren Ernst - You will be pleasantly surprised by compositions in modern vivid colours and techniques set in contrast against Celtic sculpture - 966 329 073 - www.amigos-musey-sbras.org

SILVES

FEBRUARY 18



There is a bingo evening at the Silves cinema - 19h30 for 20h00 - 2 euros entry and 5 euros for 6 games - Lots of prizes!!! - The event is in aid of Castelo de Sonhos and the more people that can come along, the more money we can donate - For more information, please call: 282 084 438

www.the-news.net

NORTH

DAILY

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

CENTRE

DAILY

» **Mercado da Ribeira** - On the riverfront, this popular market is the Coolest Place in Town - Crafts, events, gastronomy • Av. 24 de Julho
» **National Coach Museum** - Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open from 10h00 to 17h30 (Closed Mondays) and public holidays - Praça Afonso de Albuquerque - 213610850
» **Oceanarium** - Spectacular design by Peter Chermayeff, it is one of Europe's biggest oceanarium - Park of Nations - 10h00 to 18h00 - 218 917 002
» **Influxcontemporary - A museum dedicated to African Contemporary Art** - Open from Wednesday to Saturday from 14h00 to 19h00 - Rua Fernando Vaz, 20B - T. 918 501 234 - www.influxcontemporary.com

SINTRA

DAILY



Pena Palace - The Palace dates back to 1839 - Visits info: Sintra City Hall on Largo Dr. Vergílio Horta - 219238500 - geral@cm-sintra.pt

DAILY

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Alqueirão Velho, Fiteras and Meleças • 219164303 - Fax: 21 923 6150

Lisbon Concerts

(Tickets: See details bottom page)



February 14 - Joss Stone performs at the Coliseu dos Recreios - March 14 - Spandau Ballet - Atlantic Pavilion 'Sala Atlântico' - 21h00 - March 22 & 23 - Star Wars in Concert - Sala Atlântico of

Atlantic Pavilion - 21h00 - April 7 - Tokio Hotel - Welcome to Humanoid City Tour - Atlantic Pavilion's Sala Atlântico - 19h30



Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.35 Rachel Allen: Home Cooking. (T) 12.00 BBC News; Regional News; Weather. (T) 12.15 Football Focus. (T) 1.00 Bill McLaren: Flower of Scotland. (T) 1.40 Live Six Nations Rugby Union, Ireland v Italy (Kick-off 2.30pm). (T) 4.25 BBC News; Regional News; Weather. (T) 4.35 Live Six Nations Rugby Union, England v Wales (Kick-off 5.00pm). (T)

7.05 So You Think You Can Dance. The six remaining contestants dance for a place in the final of the competition, with expert opinions from judges Nigel Lythgoe, Louise Redknapp, Sisco Gomez and Arlene Phillips. The National Lottery: In It to Win It. Dale Winton presents the quiz show in which contestants compete to answer questions and win a big prize.

8.55 So You Think You Can Dance. Leona Lewis performs her new single I Got You and the two couples with the fewest viewer votes dance their solo pieces before the judges decide which boy and girl to eliminate. (T) Casualty. Charlie tries to make Louis face up to his responsibilities toward a pregnant Shona, while the return of Jessica's friend Linda leads the bereaved nurse to finally make a decision about her future with Adam, the trainees are desperate to learn their results in the recent exams, and Dixie gets a surprise visitor while chasing a series of prank calls with Jeff. Sylvia Syms (The Queen) and Gary Beadle (EastEnders' Paul Trueman) guest star. (T)

10.15 BBC News; Weather. (T) 10.35 Match of the Day. Gary Lineker presents highlights of today's Premier League fixtures, including the Merseyside derby between Liverpool and Everton at Anfield and Manchester United against Portsmouth at Old Trafford. Rafael Benitez's men triumphed 2-0 against their city rivals at Goodison Park in November and had not lost at home to the Toffees since 1999. A Wayne Rooney hat-trick helped United thump Pompey 4-1 at Fratton Park when the teams last met earlier in the campaign, which extended their winning league run over the south-coast outfit to four games; (T) National Lottery Update. (T)

11.55 The Football League Show. Manish Bhasin introduces highlights and all the goals from today's fixtures in the Championship, League One and League Two, including Blackpool v Leicester City. (T) 1.10 Friday Night with Jonathan Ross; (R) (T) Weatherwise. (T) 2.15 Sign Zone: Dear Diary. (R) (T) 3.15 Sign Zone: HOLBY City. (R) (T)

(R) - repeat programme
(T) - programme w/teletext subtitles
(S) - programme broadcast in stereo
(bw) - black and white

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 The Planet's Funniest Animals. (T) 9.55 FILM: When in Rome (2002). Romantic comedy adventure, starring Mary-Kate and Ashley Olsen. (T) 11.30 Popstar to Operastar. (R) (T) 12.35 News and Weather. (T) 12.39 London Weather. (T) 12.40 FILM: Big Fat Liar (2002). Comedy, starring Frankie Muniz. (T) 2.20 FILM: Kangaroo Jack (2003). Comedy, starring Jerry O'Connell and Anthony Anderson. (T) 4.00 Creature Comforts. (R) (T) 4.10 London Tonight; Weather. (T) 4.25 TV News and Weather. (T) 4.40 FILM: Evan Almighty (2007). Premiere. Comedy sequel, starring Steve Carell. (T)

6.30 New You've Been Framed! Harry Hill narrates a selection of camcorder calamities and mobile phone footage, featuring an out-of-control rally car and a face-off between a cat and a dog. (T)

7.00 Harry Hill's TV Burp. The big-collared comedian looks back at the week's small-screen highlights, subjecting the latest soaps, reality shows and documentaries to his unique brand of scrutiny. (T)

7.30 Take Me Out. A firefighter and a professional drummer are among the eligible bachelors trying to impress 30 single women in the dating game. (T)

8.30 All Star Mr & Mrs. Comedian Robert Webb and his wife Abigail, actor Andrew Sachs and his wife Melody, and TV presenter Anita Turner and her husband Grant Bovey reveal how much they know about each other in the hope of winning #30,000 for their chosen charity. (T) 9.30 FILM: Music and Lyrics (2007). Premiere. A washed-up pop idol teams up with a dippy talent carter to write a song for a teenage music sensation. Romantic comedy, starring Hugh Grant and Drew Barrymore. (T)

11.25 ITV News and Weather. 11.40 FILM: The Deer Hunter (1978). Oscar-winning Vietnam War drama, starring Robert De Niro; (T) ITV News Headlines.

3.00 Six Degrees. (R) (T) 3.45 ITV Nightscreen.

BBC2

6.00 CBeebies: Jakers! (R) (T) 6.20 Clifford. (R) (T) 6.35 Boal (R) (T) 6.45 Louie. (R) (T) 7.00 CBBC: Dennis and Gnasher. (R) (T) 7.10 Dennis and Gnasher. (R) (T) 7.25 Sportsround. (R) (T) 7.40 What's New Scooby-Doo? (R) (T) 8.00 Richard Hammond's Blast Lab. (R) (T) 8.30 Jump Nation. (R) (T) 9.30 Prank Patrol. (T) 10.00 Ed and Ocho's Excellent Inventions. (T) 10.30 Keep Your Enemies Close. (T) 11.00 The Slammer. (R) (T) 11.30 Animals at Work. (R) (T) 12.00 BBC Switch: Greek. (T) 12.45 BBC Switch: The Well. (R) (T) 1.10 BBC Switch: The Well. (R) (T) 1.35

BBC Switch: The Cut. (R) (T) 2.00 BBC Switch: Revealed. (T) 2.15 FILM: Young Winston (1972). Churchill biopic, starring Simon Ward. (T) 4.30 Final Score. (T) 5.15 Art of Russia. (T) 6.15 A History of Christianity. (T) 7.15 Empire of the Seas: How the Navy Forged the Modern World. The threat of Germany. Last in the series. (R) (T) 8.15 The Virtual Revolution. Aleks Kotroski assesses the impact of the internet on global politics, from an increase in direct action to a rise in government monitoring and censorship. (T) 9.15 QI XL. With Jan Ravens, Jimmy Carr, Clive Anderson and Alan Davies. (T) 10.00 Heroes. Sylar sets out to discover his true identity, assisted and encouraged by Samuel. Meanwhile, Peter tries to find someone capable of saving Hiro - with a little help from Noah. (T) 10.45 FILM: Kill Bill: Vol Two (2004). Revenge thriller sequel, starring Uma Thurman. (T) 12.50 FILM: Lonesome Jim (2005). Premiere. Comedy drama, starring Casey Affleck. (T) 2.15 BBC News. (T) 4.15 Close.

C4

5.55 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freeports on 4. (R) (T) 7.30 World Sport. (T) 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Friends. (R) (T) 10.00 T4: Glee. (R) (T) 10.55 T4: Pixie Lott: Video Exclusive. (T) 11.05 T4: Dave Berry's Great British No 1s. (T) 12.10 T4: T4 at Fight Cervical Cancer in Style. (T) 1.00 T4: Smallville. (T) 2.00 Channel 4 Racing from Sandown Park, Wetherby and Doncaster. Including the 3.10 telenovela Heroes Hcan Hurdle (2m 6f). (T) 4.00 Three Hungry Boys. (T) 4.25 Come Dine with Me. (R) (T) 5.00 Come Dine with Me. (R) (T) 6.00 Come Dine with Me. (R) (T) 6.30 Come Dine with Me. (R) (T) 7.00 Channel 4 News. (T) 7.30 Hail's Killer Quake: Why It Happened. Using 3D graphics, this programme examines the forces that caused the earthquake in Haiti on January 12 and asks whether the authorities could have done anything to avoid disaster. (R) (T) 8.30 FILM: Independence Day (1996). The US president leads the fight against an invasion of seemingly indestructible aliens intent on conquering Earth. Sci-fi adventure, starring Will Smith and Bill Pullman. (R) (T) 11.10 Alan Carr: Chatty Man. (R) (T) 12.15 FILM: As Good as It Gets (1997). Romantic comedy drama, starring Jack Nicholson and Helen Hunt. (T) 2.30 The Closer. (R) (T) 3.15 St Elsewhere. (R) (T) 4.05 Scarpeth Challenge. (R) (T) 5.00 Countdown. (R) (T) 5.45 The Hoobs. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake! Elmo's World. (R) (T) 7.15 Little Princess. (R) (T) 7.25 Fireman Sam. (R) (T) 7.40 Chiro. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Hana's Helpline. (R) (T) 8.15 Mist: Sheepdog Tales. (R) (T) 8.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 The Mr Men Show. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 Extreme Fishing with Robson Green. (R) (T) 12.00 Monster Python: Austin Stevens' Adventures. (R) (T) 1.00 Zoo Days. (R) (T) 1.30 Zoo

Days. (R) (T) 1.40 FILM: Ryan's Daughter (1970). Epic romantic wartime drama, starring Sarah Miles. (T) 5.10 Five News. (T) 5.15 FILM: Steel Magnolias (1989). Drama, starring Sally Field and Julia Roberts. (T) 7.25 NCIS. Gibbs and the team raid an illegal motor business run by Navy officers and find a Marine's severed head in the back of a car. Mark Harmon and Pauley Perrette star. (R) (T) 8.15 NCIS. The team suspects a desperate Marine may have killed his own death with the help of a friend, and blows up an ambulance in a botched attempt to cover all traces of the subterfuge. (R) (T) 9.20 CSI: Crime Scene Investigation. Catherine seeks a killer caught on film. (R) (T) 10.15 CSI: NY. (T) 11.15 Law & Order: Special Victims Unit. (R) (T) 12.10 SuperCasino. 4.05 House Doctor. (R) (T) 4.30 House Doctor. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

Best of the Rest

BBC3
7.00 Most Annoying People 2009 7.20 The Real Hustle Undercover 7.50 The Real Hustle Undercover 8.20 Top Gear 9.25 Film: Wallace & Gromit in The Curse of the Were-Rabbit U (2005) 10.45 Family Guy 11.05 Family Guy 11.30 Hotter Than My Daughter 12.00 Snog, Marry, Avoid? 12.30 Film: The Devil's Advocate 18 (1997) 2.45 Being Human 3.45 The Real Hustle Undercover 4.15 The Real Hustle Undercover 4.45 Hotter Than My Daughter 5.15 Close BBC4
7.00 Life 8.00 Bombay Railway 9.00 Film: Tell No One 15 (2008) 11.05 Nurse Jackie 11.35 The Armstrong & Miller Show 12.05 The Thick of It 12.35 La Excelencia at the Barbican: Latin Music USA 1.35 BBC Proms 2009 3.45 Bombay Railway 4.45 Close

ITV2
1.30 Holiday Airport 2.30 Holiday Showdown 3.30 Kids Do the Funniest Things 4.25 American Idol 5.30 American Idol 6.30 The Planet's Funniest Animals 6.55 Film: Kindergarten Cop 15 (1990) 9.00 Film: Inside Man 15 (2006) 11.30 Film: Open Water 15 (2004) 1.15 Harry Hill's TV Burp 1.45 The Vampire Diaries 2.30 The Vampire Diaries 3.15 Teleshopping 5.45 ITV2 Nightscreen Sky1

1.00 Lost: Final Chapter 2.00 Got to Dance 3.00 Fat Families 4.00 Bill Bailey's Birdwatching Bonanza 5.00 Got to Dance 6.00 Futurama 6.30 The Simpsons 7.00 Simpsons - Celebrity Friends 7.30 The Simpsons 8.00 Oops TV 9.00 Film: Die Hard 18 (1988) 11.35 Lost: Final Chapter 12.35 Got to Dance 1.35 Bill Bailey's Birdwatching Bonanza 2.25 Road Wars 3.25 NCIS: Los Angeles 4.15 Prison Break 5.10 Are You Smarter Than a 10 Year Old?

GOLD
1.20 Only Fools and Horses 2.00 Only Fools and Horses 2.40 Only Fools and Horses 3.20 Only Fools and Horses 4.00 Only Fools and Horses 4.40 Only Fools and Horses 5.20 Only Fools and Horses 6.00 Only Fools and Horses 6.40 Only Fools and Horses 7.20 Only Fools and Horses 8.00 Only Fools and Horses 8.40 Only Fools and Horses 9.20 Only Fools and Horses 10.00 Only Fools and Horses 10.40 Only Fools and Horses 11.20 Last of the Summer Wine

1.20 My Family 2.00 My Family 2.30 The New Adventures of Old Christine 3.00

MOVIES

Sky Movies Drama

6.00 Daylight Robbery 15 (2007) 7.45 35MM 8.15 The Oxford Murders 15 (2008) 10.05 Charlie Wilson's War 15 (2007) 11.50 Invictus Special 12.10 Joshua 15 (2007) With Sam Rockwell. 2.00 The Hunting Party 15 (2007) With Richard Gere. 3.45 The American President 15 (1995) With Michael Douglas. 5.45 W 15 (2008) With Josh Brolin. 8.00 How She Move 12 (2007) With Rutina Wesley. 9.40 No Country for Old Men 15 (2007) With Josh Brolin. 11.50 We Own the Night 15 (2007) With Joaquin Phoenix. 1.50 Get Real 15 (1999) With Ben Silverstone. 3.50 35MM 4.20 Can't Be Heaven PG (1999)

Sky Movies Comedy

7.00 35MM 7.30 Police Academy II: Their First Assignment 15 (1985) 9.10 Police Academy 4: Citizens on Patrol PG (1987) 10.50 Step Brothers 15 (2008) 12.50 Alvin and the Chipmunks U (2007) With Jason Lee. 2.25 Trading Places 15 (1983) With Dan Aykroyd. 4.25 Big Stan 15 (2007) With Rob Schneider. 6.25 Alvin and the Chipmunks U (2007) With Jason Lee. 8.00 Step Brothers 15 (2008) With Will Ferrell. 10.00 Trading Places 15 (1983) With Dan Aykroyd. 12.00 Big Stan 15 (2007) With Rob Schneider. 2.00 Police Academy II: Their First Assignment 15 (1985) With Steve Guttenberg. 3.40 Police Academy 4: Citizens on Patrol PG (1987) 5.20 Miss Pettigrew Lives for a Day PG (2008)

Sky Movies Action/Thriller

7.05 Mighty Morphin Power Rangers: The Movie PG (1995) 8.45 Chaos 15 (2005) 10.40 Iron Man 12 (2008) 12.50 Executive Decision 15 (1996) With Kiefer Sutherland. 3.05 Predator 2 18 (1990) With Danny Glover. 5.00 Chaos 15 (2005) With Jason Statham. 6.50 Iron Man 12 (2008) With Robert Downey Jr. 9.00 Executive Decision 15 (1996) With Kiefer Sutherland. 11.15 Rising Sun 18 (1993)

Saturday's Pick

Heroes, BBC2, 10pm
Sylar has to be one of the coolest villains on TV. When the American sci-fi drama first began, he was a cold and mysterious serial killer with a penchant for skull and brain dissection. We quickly discovered the method of his gory murders allowed him to absorb the varied powers of his victims, making him the most powerful of all the genetic mutants. However, little by little we've learnt about Sylar's past and motivations, and his dark, sarcastic humour has come to the fore, turning him into an antihero adored by viewers — a supernatural Hannibal Lecter, if you will. At the opening of season four, Sylar's body and brain had been duped into impersonating politician Nathan Petrelli, while his razor-sharp personality was trapped inside poor old Matt Parkman's subconscious —

With Sean Connery. 1.25 Predator 2 18 (1990) With Danny Glover. 3.25 The Crew 18 (2008) 5.30 Mighty Morphin Power Rangers: The Movie PG (1995)

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 FIFA Futbol Mundial 7.00 Premier League Preview 7.30 Football League Weekend 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Special 12.30 Live Football Special. Liverpool v Everton (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Doncaster Rovers v Reading (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 5.45 Spanish Football 5.45 Sky Sports Classics

Sky Sports 2

6.00 Tight Lines 7.00 Friday Fight Night 9.00 Live European Tour Golf. The Dubai Desert Classic. 1.00 Friday Fight Night 3.00 World Sport 3.30 NFL: Total Access 4.30 Super Bowl XLIV Preview 5.30 Live Super League. St Helens v Hull FC (Kick-off 5.45pm). 8.00 Live PGA Tour Golf. The Northern Trust Open. 11.00 European Tour Golf 12.00 Super Bowl XLIV Preview 1.00 Spanish Football 2.30 Super Bowl XLIV Preview 3.30 NFL: Total Access 4.30 Super League

Sky Sports 3

6.00 Live Test Cricket. India v South Africa. 11.00 IEX Magazine 11.30 Spirit of Yachting 12.00 WWE: Bottom Line 1.00 ATP Tour Uncovered 1.30 Test Cricket 2.30 NFL: America's Game 3.30 IEX Magazine 4.00 WWE: Smackdown 6.00 European Tour Golf 7.00 Live Spanish Football. La Liga match. 9.00 Live Spanish Football. La Liga match. 11.00 WWE: Late Night - Superstars 12.00 Extreme Championship Wrestling 1.00 WWE: Late Night - Smackdown 3.00 Sky Sports Classics 3.15 Live International Cricket. Australia v West Indies.



BBC1

6.00 Breakfast. (T) 7.35 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Country Tracks. (T) 12.00 The Politics Show. (T) 1.00 EastEnders. (T) 2.30 Live Six Nations Rugby Union, Scotland v France (Kick-off 3.00pm). (T)

5.00 Songs of Praise. Diane Louise Jordan meets some residents from the south London borough of Southwark, including parents taking a leap of faith to save the lives of others, and a playwright who has put a modern spin on the medieval mystery play. There are also hymns from Southwark Cathedral, including Angel-Voices and Before the Throne of God. (T)

5.35 BBC News; Regional News; Weather. (T)

6.00 Countryfile. Matt Baker and Julia Bradbury visit the Yorkshire

Dales to see how conservationists are restoring peat bogs, and Adam Henson uses a horse whisperer to move some Ex-moor ponies. Including Weather for the Week Ahead. (T)

7.00 Antiques Roadshow. Fiona Bruce presents a second edition from Bath, where items include a rare teapot bought at a car-boot sale, an unusual propaganda image of Hitler and an Irish landscape painting. (T)

8.00 Lark Rise to Candleford. Dorcas tries to befriend the reclusive Mr Reppington, after noticing he has spent several months staying at the Golden Lion Hotel - but he is unwilling to change his solitary existence. Daniel discovers the mysterious guest is a missing concert pianist, but Laura urges him not to make the story public. Meanwhile, Minnie is upset when she learns Pearl is planning to run away. Period drama, starring Julia Sawalha,

Ben Aldridge and Olivia Hallinan, with a guest appearance by Oscar-nominated actor Tom Conti. (T)

9.00 Seven Ages of Britain. David Dimbleby re-tells the story of the power struggle between the monarchy and the Church during the Middle Ages through treasures of the period, and reveals how the code of chivalry brought the two sides together. He also reassesses the cultural impact of Richard II's reign, and examines artefacts including the Mappa Mundi, Chaucer's Canterbury Tales and Britain's only preserved medieval crown. (T)

10.00 BBC News; Regional News; Weather. (T)

10.25 Would I Lie to You? Guests Fern Britton, Stephen Mangan, Ken Livingstone and Reginald D Hunter join team captains David Mitchell and Lee Mack for the comedy panel show. Rob Brydon hosts. (R) (T)

10.55 Live Super Bowl XLIV. Indianapolis Colts v New Orleans Saints (Kick-off 11.28pm); (T) Weatherwise. (T)

4.05 BBC News. (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Britain's Favourite View. (R) 9.35 Coronation Street. (T) 11.55 News and Weather. (T) 12.09 London Weather. (T) 12.10 FILM: On the Buses (1971). Comedy, starring Reg Varney. (T) 1.55 FILM: Columbus: Suitable for Framing (1971). Detective drama, starring Peter Falk. (T) 3.25 Agatha Christie's Poirot. (R) (T)

5.25 London Tonight; Weather. (T) 5.40 ITV News and Weather. (T)

5.55 Harry Hill's TV Burp. The comedian looks back at the week's small-screen highlights, subjecting the latest soaps, reality shows and documentaries to his unique brand of scrutiny. (R) (T) 6.25 Dancing on Ice. Pixie Lott joins

Jayne Torvill and Christopher Dean in an opening performance, before the 10 remaining contestants put another week of training into practice, battling to impress the judges, secure viewers' votes and survive another week on the ice. Presented by Phillip Schofield and Holly Willoughby. (T)

8.30 Wild at Heart. Danny and Alice find their plans for a romantic getaway ruined when Rowan and Vanessa come along for the ride. Worse is in store when they arrive at the scene of an accident, where a tourist has severe injuries and a fearsome lion has escaped from a truck. With their own vehicle damaged, they face a long night stranded in the Bush, and there are more problems ahead when Rowan goes missing. Drama, starring Stephen Tompkinson, Dawn Steele, Cal Macaninch and Mary-Anne Barlow. (T)

9.30 Dancing on Ice: The Skate Off. Phillip Schofield and Holly Willoughby preside as the two couples who have gained the least support from viewers skate again to stay in the competition with the judges deciding which couple have performed for the final time. (T)

10.00 ITV News and Weather; Weather. (T)

10.15 FILM: Closing the Ring (2007). Premiere. A grieving old woman is contacted by a stranger who had found her lost ring and brings an old mystery to light. Drama, starring Shirley Maclaine and Christopher Plummer. (T)

12.25 FILM: To Kill a Mockingbird (1963). Drama, starring Gregory Peck; (bw) ITV News Headlines. 2.35 Dating the Enemy. (R) (T) 3.00 ITV Nightscreen.

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BBC2

6.00 CBeebies: Jakers! (R) (T) 6.20 Clifford. (R) (T) 6.35 Boot! (R) (T) 6.45 Louie. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 Dennis and Gnasher. (R) (T) 7.25 Dennis and Gnasher. (R) (T) 7.40 The Basil Brush Show. (R) (T) 8.05 Jinx. (R) (T) Leon. (R) 8.30 Tracy Beaker Returns. (R) (T) 9.00 Tracy Beaker Returns. (R) (T) 9.30 Spirit Warriors. (R) (T) 10.00 Something for the Weekend. (R) (T) 11.30 FILM: Nicholas and Alexandra (1971). Epic historical drama, starring Michael Jayston. (T) 2.30 EastEnders. (R) (T) 3.00 FILM: Herbie Rides Again (1974). Disney comedy sequel, starring Helen Hayes. (T) 4.25 Escape to the Country. (R) (T) 5.10 Natural World. (R) (T) 6.10 100 Years of Girl Guides. (R) (T) 7.10 Lost Kingdoms of Africa. The history of ruined stone buildings scattered across Zimbabwe. (T) 8.00 The Best of Top Gear. Compilation of highlights from the past year. Last in the series. (T) 9.00 The Great Rift: Africa's Wild Heart. Exploring the grasslands of East Africa. Last in the series. (T) 10.00 Match of the Day 2. Adrian Chiles introduces highlights of today's two Premier League derbies: Birmingham City v Wolverhampton Wanderers at St Andrew's and Chelsea v Arsenal at Stamford Bridge. (T) 11.00 This World: Mexico's Drug War. (T) 12.00 The Persuasionists. (R) (T) 12.30 FILM: Adam & Paul (2004). Premiere. Comedy drama, starring Mark O'Halloran and Tom Murphy. (T) 1.55 C News. (T) 4.00 The Super League Show. (T)

C4

6.10 The Hoobs. (R) (T) 6.35 Yo Gabba Gabba. (T) 7.05 Beach Volleyball. (R) (T) 8.00 Ironman Triathlon. (T) 8.30 Freeports on 4. (R) (T) 9.00 T4: The Hills. (R) (T) 9.25 T4: Friends. (R) (T) 9.55 T4: Holyoaks. (T) 12.25 T4: Ultimate Traveller. (T) 1.35 T4: Friends. (R) (T) 2.10 T4: Shooting. Peter Andre. (T) 2.45 T4: 90210. (T) 3.40 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.40 Deal or No Deal. (T) 5.30 Glee. (T) 6.30 Channel 4 News. (T) 7.00 The Bible: A History. Ann Widdecombe examines the Ten Commandments, exploring their influence on the writing of the laws that underpin

BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under Revisited. (T) BBC News; Weather. (T) 11.00 Best of Homes Under the Hammer. (T) 11.30 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Big & Small. (R) (T) 3.15 Grandpa in My Pocket. (R) (T) 3.30 CBBC: Tronji. (R) (T) 3.50 Ooglies. (R) (T) 4.05 Sorry, I've Got No Head. (R) (T) 4.35 M11 High. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)

7.30 Inside Out. Stories of interest to the region. (T) BBC News; Regional News. (T)

8.00 EastEnders. Sonia (Natalie Cassidy) returns to give Bianca a hen night to remember, and Max and Jack put pressure on Bradley to explain what happened on Christmas Day, leading to a revelation. (T)

8.30 Panorama. An investigation into the myths and realities of the new child protection register, which will eventually contain the details of nine million people who work with youngsters and vulnerable adults. The Government insists that it has taken on board the concerns of objectors who doubt the new system will actually work, but uncertainty remains about whether it will deter paedophiles. Jeremy Vine presents a report assessing both sides of the debate. Postponed from February 1. (T)

9.00 Hustle. The con-artists find themselves in prison when one of the marks involved in their most recent scheme turns out to be an undercover police officer. Two MI6 agents arrive to question Mickey and present him with a proposition - he and the team will receive a pardon if they steal the contents of a security box in the National Bank of Syria. With no choice but to agree, Ash sets about finding a way into the vault, but high security levels threaten their success. Starring Adrian Lester. Last in the series. (T)

the Western world and asking whether they continue to be relevant. (T) 8.00 FILM: The Devil Wears Prada (2006). A magazine editor makes her trainee assistant's life a nightmare with her unforgiving personality and outrageous demands. Comedy drama, starring Meryl Streep and Anne Hathaway. (T) 10.10 FILM: The September Issue (2009). Premiere. Documentary profile of Anna Wintour, the controversial editor-in-chief of American Vogue, following her preparations for a 2007 autumn-fashion issue. (T) 12.00 James Brown's Supermodel Show. (T) 1.00 The Sky Walker: Daredevils. (R) (T) 2.00 Emergency in the Womb. (R) (T) 2.55 The Closer. (R) (T) 3.45 St Elsewhere. (R) (T) 4.35 Hill Street Blues. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Elmo's World. (R) (T) 7.15 Fireman Sam. (R) (T) 7.25 Chiro. (R) (T) 7.30 Make Way for Noddy. (R) (T) 7.45 Milkshake! Pop Box. (R) (T) 7.50 The WitWots. (R) (T) 8.00 Hana's Helpline. (R) (T) 8.10 Mio Mao. (R) (T) 8.15 Mist: Sheepdog Tales. (R) (T) 8.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 The Mr Men Show. (R) (T) 9.30 Milkshake! Song Songs. (T) 9.35 Gerald McBoing Boing. (R) (T) 10.00 Shake!: Hannah Montana. (T) 10.35 Wizards of Waverly Place. (T) 11.10 Build a New Life in the Country. (R) (T) 12.10 Ice Road Truckers. (R) (T) 1.10 The Gadget Show. (R) (T) 1.20 FILM: Before Winter Comes (1969). World War Two drama, starring David Niven. (T) 3.20 FILM: RoboCop: The Future of Law Enforcement (1994). Sci-fi thriller sequel, starring Richard Eden. (T) 5.10 Goofy - How to Hook Up Your Home Theatre. (R) (T) 5.15 FILM: Pocahontas II: Journey to a New World (1998). Disney animated sequel, featuring the voice of Irene Bedard. (T) Pluto - Food for Feudin'. (R) (T) 6.50 Five News. (T) 6.55 FILM: Hollywood Homicide (2003). Two cops dream of escaping their jobs until their skills are challenged by the baffling case of a rapper murdered on stage. Action comedy, starring Harrison Ford

and Josh Hartnett. (T) 9.00 FILM: SWAT (2003). A disgraced cop redeems himself by joining an elite unit charged with guarding a notorious prisoner. Action thriller, with Samuel L. Jackson, Colin Farrell and Michelle Rodriguez. (T) 11.20 FILM: Hannibal (2001). Thriller sequel, starring Anthony Hopkins. (T) 1.50 SuperCasino. 4.05 House Doctor. (R) (T) 4.35 House Doctor. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

Best of the Rest

BBC3

7.00 Wallace & Gromit's Cracking Contraptions 7.15 Wallace & Gromit: A Grand Day Out 7.40 Film: Wallace & Gromit in the Curse of the Were-Rabbit U (2005) 9.00 Being Human 10.00 Heroes 10.45 Family Guy 11.05 Family Guy 11.30 Being Human 12.30 Harper's Island 1.10 Coming of Age 1.40 I Believe in Miracles: Jodie Kidd 2.40 EastEnders: The Greatest Cliffhangers 3.35 Coming of Age 4.05 I Believe in Miracles: Jodie Kidd 5.05 Close BBC4

7.00 Timeshift: The Golden Age of Liners 8.00 Jet Set: How Britain Took to the Air 9.00 Around the World By Zeppelin 10.30 Latin Music USA 11.30 Mad Men 12.20 Storyville: Last White Man Standing 12.00 Murder on the Lake 2.50 Jet Set: How Britain Took to the Air 3.50 Mad Men 4.40 Close

1.35 Harry Hill's TV Burp 2.05 Take Me Out 3.05 All Star Mr & Mrs 4.05 All Star Family Fortunes 4.55 New You've Been Framed! 5.25 Dancing on Ice: The Skate Off 5.55 Dancing on Ice Friday 6.30 Creature Comforts 6.45 Film: Johnny English PG (2003) 8.30 The Vampire Diaries 9.30 The Vampire Diaries 10.30 Secret Diary of a Call Girl 11.00 What Katie Did Next: The Best Bits 12.00 Dancing on Ice 2.05 Dancing on Ice: The Skate Off 2.30 Teleshopping 5.30 ITV2 Nightscreen

Sky1

1.00 The Real A&E 2.00 Fat Families 3.00 Fat Pets, Fat Owners 4.00 Got to Dance 5.00 The Simpsons 5.30 The Simpsons 6.00 Got to Dance 7.30 Modern Family 8.00 Football's Next

Star 9.00 24 10.00 24 11.00 Football's Next Star 12.00 Road Wars 1.00 UK Border Force 1.50 Road Wars 2.40 Guinness World Records Smashed! 3.30 Drugs Wars: DEA 4.20 Hello Goodbye 4.45 Fat Pets, Fat Owners 5.10 Fat Pets, Fat Owners 5.35 Fat Pets, Fat Owners

GOLD

1.15 Last of the Summer Wine 3.15 Film: Carry On Sergeant U (1958) 5.00 Heroes of Comedy 6.00 Heroes of Comedy 7.00 Blackadder's Most Cunning Moments 9.00 Victoria Wood at the Albert Hall 11.25 The New Adventures of Old Christine 11.55 Victoria Wood at the Albert Hall 2.10 The New Adventures of Old Christine 2.35 The New Adventures of Old Christine 3.00 Close

MOVIES

Sky Movies Drama

6.00 Saving Sarah Cain PG (2007) 7.50 Phoebe in Wonderland PG (2008) 9.40 Dad PG (1989) 11.40 The Movie Geek 12.10 December Boys 12 (2007) With Daniel Radcliffe. 2.00 Coyote Ugly 12 (2000) With Piper Perabo. 3.45 The Movie Geek 4.15 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 The Chamber 15 (1996) With Chris O'Donnell. 8.00 Grand Canyon 15 (1991) With Kevin Kline. 10.15 A Mighty Heart 15 (2007) With Angelina Jolie. 12.15 Stop-Loss 15 (2008) With Ryan Phillippe. 2.15 Control 15 (2007) With Sam Riley. 4.25 Miracle in the Woods PG (1997)

Sky Movies Comedy

7.00 Over Her Dead Body 12 (2008) 8.40 35MM 9.10 Meet Dave PG (2008) 10.45 Tropic Thunder 15 (2008) 12.45 Get Smart 12 (2008) With Steve Carell. 2.45 Splash! PG (1984) With Tom Hanks. 4.45 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 6.25 Meet Dave PG (2008) With Eddie Murphy. 8.00 Tropic Thunder 15 (2008) With Ben Stiller. 10.00 Get Smart 12 (2008) With Steve Carell. 11.55 Splash! PG (1984) With Tom Hanks. 1.50 The Brothers Solomon 15 (2007) With Will Arnett. 3.30 High Fidelity 15 (2000) 5.30 Leatherheads PG (2008)

Sky Movies Action/Thriller
7.20 The Top 10 Show 7.35 Rumble in

the Bronx 15 (1995) 9.10 The Mechanik 15 (2005) 11.00 35MM 11.30 Batman Forever PG (1995) With Val Kilmer. 1.40 Hitman 15 (2007) With Timothy Olyphant. 3.20 The Scorpion King 2: Rise of a Warrior 12 (2008) With Michael Copon. 5.20 Demolition Man 15 (1993) With Sylvester Stallone. 7.20 Hitman 15 (2007) With Timothy Olyphant. 9.00 Con Air 15 (1997) With Nicolas Cage. 11.00 Knock Off 18 (1998) With Jean-Claude Van Damme. 12.35 Demolition Man 15 (1993) With Sylvester Stallone. 2.35 Rumble in the Bronx 15 (1995) With Jackie Chan. 4.10 Batman Forever

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday. Birmingham City v Wolverhampton Wanderers (Kick-off 1.30pm). 3.30 Live Super Sunday. Chelsea v Arsenal (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. A La Liga match. 10.00 Football Special 11.00 Live Super Bowl XLIV. Indianapolis Colts v New Orleans Saints (Kick-off 11.28pm). 3.00 IEX Magazine 3.30

World Sport 3.55 Live Test Cricket. India v South Africa.

Sky Sports 2

6.00 World Sport 6.30 Spanish Football 8.00 Live European Tour Golf. The Dubai Desert Classic. 1.00 IEX Magazine 1.30 Test Cricket 2.30 International Cricket 3.30 Wild Spirits 4.00 Super Bowl XLIV Preview 5.00 Live Anglo-Welsh Cup Rugby Union. Saracens v Newport-Gwent Dragons (Kick-off 5.00pm). 7.00 World Sport 7.30 Live PGA Tour Golf. The Northern Trust 11.00 European Tour Golf 12.00 Spanish Football 1.30 Anglo-Welsh Cup Rugby Union 3.30 Football Special 4.30 Super Sunday: The Last Word

Sky Sports 3

6.00 Live International Cricket. Australia v West Indies. 11.30 Wild Spirits 12.00 Live Scottish Cup Football. Dunfermline Athletic v Celtic (Kick-off 12.15pm). 2.30 World Sport 3.00 Super League 4.30 This Week in WWE 5.00 WWE: Experience 6.00 European Tour Golf 7.00 Scottish Cup Football 8.00 Test Cricket 9.00 International Cricket 10.00 WWE: Late Night Afterburn 11.00 Scottish Cup Football 12.00 Watersports World 1.00 PGA Tour Golf 4.30 European Tour Golf 5.30 Close

Sunday's Pick

Wild at Heart, ITV1 Tyne Tees, ITV1 Yorkshire, 8.30pm

They say never to work with youngsters or animals. Well, since his daughter Olivia returned to Leopard's Den, Danny hasn't had much choice—and things soon get out of hand. Danny and Alice plan to treat themselves to a well-deserved mini-break, but Olivia is upset to discover they'll be leaving that day. The youngster is annoyed she will miss out on a driving lesson and decides to take the jeep out on her own. However, when she crashes it, her earlier moodiness means her family don't believe her when she says it was an accident.



11.20 The Virtual Revolution. (R) (T) 12.20 An Island Parish. (R) (T) 12.50 BBC News. (T) 4.30 Close.

C4

6.05 The Hoobs. (R) (T) 6.30 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.25 Everybody Loves Raymond. (R) (T) 7.50 Everybody Loves Raymond. (R) (T) 8.20 Fraser. (R) (T) 8.50 Will & Grace. (R) (T) 9.20 Wogan's Perfect Recall. (R) (T) 9.50 Deal or No Deal. (R) (T) 10.35 According to Jim. (T) 11.05 ER. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 Proud Parents. (R) (T) 12.15 The Home Show. (R) (T) 1.15 FILM: Dragon Well Massacre (1957). Western, starring Barry Sullivan and Dennis O'Keefe. (T) 2.55 The TV Book (2008). 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Holyoaks. (R) (T) 7.00 Channel 4 News. (T) 8.00 Dispatches: Post Office Undercover. Testing the Royal Mail's claims of a modernised, improved service. (T) 9.00 Tower Block of Commons. Conservative MP Nadine Dorries faces a rude awakening as she replaces Iain Duncan Smith on the estate, while Austin Mitchell, Tim Loughton and Mark Tatten continue their experiences. (T) 10.00 The God Wife. Olivia swallows her pride to represent the son of a former friend who snubbed her following the scandal. Iuliana Margulies stars. (T) 10.55 FILM: Picture Me: A Model's Diary (2009). Premiere. Documentary investigating behind the scenes in the modelling industry. (T) 12.10 The Last Freak Show. (R) (T) 1.20 The Enemy Within. (R) (T) 2.10 FILM: The Banger Sisters (2002). Comedy, with Goldie Hawn and Susan Sarandon. (T) 3.55 St Elsewhere. (R) (T) 4.40 St Elsewhere. (R) (T) 5.30 Yo Gabba Gabba. (T)

Best of the Rest

BBC3
7.00 Doctor Who 8.00 The Real Hustle Undercover 8.30 Snog, Marry, Avoid? 9.00 Gavin & Stacey 9.30 Little Britain 10.00 EastEnders 10.30 Being Human 11.30 Family Guy 11.50 Family Guy 12.15 Gavin & Stacey 12.45 Little Britain 1.15 Hotter Than My Daughter 1.45 Snog, Marry, Avoid? 2.15 Nicola Roberts: The Truth About Tanning 3.15 The Real Hustle Undercover 3.45 Being Human 4.45 Coming of Age 5.15 Close

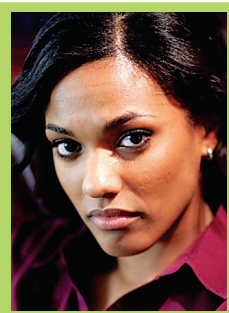
BBC4
7.00 World News Today 7.00 Weather 7.30 Shooting the War 8.30 Only Connect 9.00 Getting Our Way 10.00

FIVE

6.00 Milkshake!: Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family Guy. (R) (T) 6.50 Milkshake! Monkey. (R) (T) 6.55 Funky Valley. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.30 Mio Mao. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Bert and Ernie's Great Adventures. (R) (T) 7.50 Noddy in Toyland. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) 8.35 Igan Ogam. (R) 8.50 Funky Valley. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T)

Monday's Pick

Law & Order: UK, ITV1 Tyne Tees, ITV1 Yorkshire, 9pm
Not only, drug mules are desperate souls from broken homes, as DS Ronnie Brooks and DS Matt Devlin discover in this week's episode. Debbie Powell's parents are heartbroken by the loss of their daughter. She wanted for nothing, was about to go to university and worked hard at a family friend's shop. However, there was more to this so-called perfect life than met the eye...



MOVIES

Sky Movies Drama

6.00 A Christmas Wedding PG (2006)
7.30 Cleaverville 12 (2007) 9.05 Three and Out 15 (2008) 10.50 Tumbleweeds 12 (1999) 12.35 King of the Hill 15 (1993) 12.35 Jesse Bradford. 2.20 The Boy in the Striped Pyjamas 12 (2008) With David Thewlis. 4.00 Waitress. 12 (2007) With Keri Russell. 5.50 Pretty Woman 15 (1990) With Julia Roberts. 8.00 Definitely Maybe 12 (2008) With Ryan Reynolds. 10.00 Meet Joe Black 12 (1998) With Brad Pitt. 1.00 Inserts 18 (1975) With Richard Dreyfuss. 3.00 Body Shots 18 (1999) With Sean Patrick Flanery. 4.50 On Broadway 12 (2007)

Sky Movies Comedy

7.30 Strange Wilderness 15 (2008)
9.00 The Top 10 Show 9.15 Bachelor Party 2: The Last Temptation 15 (2008)
11.05 Walk Hard: The Dewey Cox Story 15 (2007) With John C. Reilly. 12.50 American Pie 15 (1999) With Jason Biggs. 2.30 Be Kind Rewind 12 (2008) With Jack Black. 4.15 Strange Wilderness 15 (2008) With Steve Zahn. 6.15 Walk Hard: The Dewey Cox Story 15 (2007) With John C. Reilly. 8.00 American Pie 15 (1999) With Jason Biggs. 10.00 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 11.45 Be Kind Rewind 12 (2008) With Jack Black. 1.30 Bachelor Party 2: The Last Temptation 15 (2008) With Josh Cooke. 3.20 Harold & Kumar Escape from Guantanamo Bay 18 (2008) 5.05 More of Me PG (2007)

Sky Movies Action/Thriller

6.15 The Temp 15 (1993) 8.00 The Top 10 Show 8.15 The Seeker: The Dark is Rising 12 (2007) 10.00 Deception 15 (2008) 12.00 Double Jeopardy 15 (1999) With Ashley Judd. 1.50 The Seeker: The Dark is Rising 12 (2007) With Christopher Eccleston. 3.35 AVPR: Aliens vs Predator Requiem 18 (2007) With Steven Pasquale. 5.20 Deception 15 (2008) With Hugh Jackman. 7.10 Double Jeopardy 15 (1999) With Ashley Judd. 9.00 The Dead Pool 18 (1988) With Clint Eastwood. 10.35 The Glimmer Man 18 (1996) With Steven Seagal. 12.10 AVPR: Aliens vs Predator Requiem 18 (2007) With Steven Pasquale. 1.55 Sleepers 19 (1996) With Brad Pitt. 4.25 Copperhead 18 (2008)

SPORT

Sky Sports 1

6.00 Live Test Cricket. India v South Africa. 11.00 World Sport 11.30 FIFA Futbol Mundial 12.00 Scottish Cup Football 1.00 Football Special 2.00 Super Sunday: The Last Word 2.30 Test Cricket 3.30 Spanish Football 5.00 Football Special 6.00 Soccer AM: The Best Bits 7.00 Netbusters 7.30 Live Football League. Colchester United v Southend United (Kick-off 7.45pm). 10.00 Time of Our Lives 11.00 Netbusters 11.30 Soccer AM: The Best Bits 12.30 Football League 2.00 Netbusters 2.30 FIFA Futbol Mundial 3.00 Soccer AM: The Best Bits 3.55 Live Test Cricket. India v South Africa.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00

Football Special 10.00 Super Sunday: The Last Word 10.30 Spanish Football 12.00 IEX Magazine 12.30 Super Bowl XLIV 2.30 Anglo-Welsh Cup Rugby Union 4.30 Friday Fight Night 6.30 Wild Spirits 7.00 European Tour Golf 8.00 PGA Tour Golf 9.00 Wonderful World of Golf 10.30 PGA Tour Classic 11.30 Boots 'n' All 12.30 America's Cup Sailing 1.00 European Tour Golf 2.00 PGA Tour Golf 3.00 Sky Sports Classics 3.15 Live International Cricket. Australia v West Indies.

Sky Sports 3

6.00 Anglo-Welsh Cup Rugby Union 8.00 PGA Tour Golf 11.30 European Tour Golf 12.30 Max Power 1.30 Aerobics Oz Style 2.00 Snow Ride 2.30 Elite League Ice Hockey 4.30 This Week in WWE 5.00 WWE: Raw 7.00 Test Cricket 8.00 Super Bowl XLIV

10.00 America's Cup Sailing 10.30 WWE: Late Night - Bottom Line 11.30 WWE: Late Night - Afterburn 12.30 Extreme Championship Wrestling 1.30 America's Cup Sailing 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Boots 'n' All 5.15

(R) - repeat programme
(T) - programme w/ teletext subtitles
(S) - programme broadcast in stereo
(bw) - black and white

TUE

BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under Revisited; (T) BBC News; Weather. (T) 11.00 Best of Homes Under the Hammer. (T) 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Timmy Time. (R) (T) 3.15 Gigglegibz. (R) (T) 3.30 CBBC: Tronji. (T) 3.50 Frankenstein's Cat. (R) (T) 4.05 Deadly 60. (R) (T) 4.30 Blue Peter. (T) 4.55 Cash in the Web: A Newsround Special. (T)

5.15 Weakest Link. Back-stabbing general knowledge quiz. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. Ronnie has a run-in with DCI Marsden as the locals gossip about an arrest they believe the police are about to make. Adam asks Libby to help find out if Minty is cheating on Manda; (T) BBC News; Regional News. (T)

8.00 Holly City. Penny's feelings for Scott are revealed as he undergoes his heart transplant operation, but the pressure on her begins to tell; Jac tries to prove she is capable of being a consultant by adopting a more genteel attitude to Oliver, who is planning a birthday treat for Daisia, and Maria is misled by a patient who has learned of her relationship with George. With former Brookside star Louis Emeric. (T)

9.00 Survivors. Tom and Greg are enslaved alongside Kevin in Mr Smithson's coal mine, but it is not long before they begin to formulate an elaborate escape plan. Meanwhile, Abby and the remaining members of the Family follow Billy to an abandoned motel, hoping he will lead them to their friends. Max Beesley, Paterson Joseph and Julie Graham star. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 I Hate Mum. Counsellors from an NHS unit dedicated to mental health services for children try to mend the broken relationships between two boys and their parents. Part of the Being Mum season. (T)

11.25 Film 2010 with Jonathan Ross. The presenter reviews star-studded romantic comedy Valentine's Day, and Colin Firth's Bafta-nominated role in A Single Man, based on the Christopher Isherwood novel of the same name. Also examined are Benicio Del Toro and Anthony Hopkins in horror remake The Wolfman, and fantasy adventure Percy Jackson and the Lightning Thief.

11.55 The Apprentice USA. The teams are asked to oversee the grand openings of two hair salons, and the winners are given the chance to work with songwriter Burt Bacharach. (T)

12.40 The Apprentice USA; (T)

Weatherview. (T) 1.25 Sign Zone: See Hear. (R) 1.55 Sign Zone: Andrew

Marr's The Making of Modern Britain. (R) (T) 2.55 Sign Zone: Simon Schama on Obama's America. (R) (T) 3.55 BBC News. (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News at Weather. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsummer Murders. (R) (T)

5.00 The Alan Titchmarsh Show. (T)
London Tonight; Weather. (T)
6.30 ITV News and Weather. (T)

7.00 Emmerdale. Carl's patience with his children wears thin when he discovers Anya ruined Scarlett's bag and lied about it, Natasha's attempts to help Maisie backfire, and Olena avoids Sam. (T)

7.30 The Krypton Factor. Four more contestants bid to reach the semi-final as they are tested on their memory, logic and general knowledge, and face the dreaded army assault course. Ben Shephard presents. (T)

8.00 Cops with Cameras. New series. Life on the front line with police forces across the UK. Officers from Greater Manchester Police's Tornado traffic team are on the trail of an armed robber, Met PCs Marc Hamill and Ross McGorm find themselves chasing a driver who is not even old enough to have a licence, and in Lincolnshire, a drug suspect goes on the run.

9.00 Amanda Holden's Fantasy Lives. The Britain's Got Talent judge lives her dream of becoming a country singer, seeking advice from Kenny Rogers in Nashville, Tennessee, before facing the terrifying prospect of performing solo in front of whispering Bob Harris at one of the city's most famous venues. Amanda then heads south to Austin in Texas, where she helps put on an extravagant show of country music and sings live with a band. Last in the series. (T)

10.00 ITV News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Piers Morgan On. The journalist travels to the tax haven of Monte Carlo, a district of Monaco that has more billionaires per square mile than anywhere else in the world. He visits the renowned casino, chats to the ruler of the sovereign state, Prince Albert, goes for a spin with retired Formula One driver David Coulthard and is entertained on board a yacht by Mohamed Al Fayed. (R)

11.35 Nightwatch with Steve Scott: Crime. Documentary following police officers in their never-ending fight against crime. (R)
12.30 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.25 Loose Women. (R) (T) 2.10 The Jeremy Kyle Show. (R) 3.05 ITV Nightscreen.

BBC2

6.00 CBeebies: Jakers! (R) (T) 6.20 Clifford. (R) (T) 6.35 Boof! (R) (T) 6.45 Louie. (R) (T) 6.55 Ping. (R) 7.00 CBBC: Tronji. (T) 7.25 Newsround. (T) 7.30 Barney's Barrier Reef. (R) (T) 8.00 League of Super Evil. (R) (T) 8.10 Street Monsters. (R) (T) 8.15 Arthur. (R) (T) 8.30 CBeebies: Zigby. (R) (T) 8.40 Kerwhizz. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T)

9.25 Lunar Jim. (R) (T) 9.35 Little Prairie Dogs. (R) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 in the Night Garden. (R) (T) 11.00 Schools: Caught in the Web: A Newsround Special. (T) 11.30 Copic@tZ Beware! (T) 11.45 Something Special. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Panic Attack. (T) 1.30 Animal Park. (R) (T) 2.15 Car Booty. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (R) (T) 4.30 Cash in the Celebrity Attic. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 The Great Rift: Africa's Wild Heart. Exploring the grasslands of East Africa. Last in the series. (R) (T) 8.00 The Hair Bikers: Mums Know Best. Traditional dishes reserved for birthdays. Last in the series. (T) 9.00 How Earth Made Us. Iain Stewart explores humanity's double-edged relationship with fire, discovering how it played a vital role in Britain's industrial revolution - but held back China's development. (T) 10.00 Muslim Driving School. A student from Blackburn hopes to gain his independence. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Mad Men. (T) 12.10 BBC News. (T) 3.55 Close.

C4

6.00 The Hoobs. (R) (T) 6.30 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.20 Wogan's Perfect Recall. (R) (T) 9.50 According to Jim. (T) 10.15 ER. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 3 Minute Wonder: The Estate. (R) (T) 12.10 Cooking It. (R) (T) 12.40 The Home Show. (R) (T) 1.45 Film: Battle for the Planet of the Apes (1973). Sci-fi adventure with Roddy McDowall. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Holyoaks. (R) (T) 7.00 Channel 4 News. (T) 8.00 Jo Frost: Extreme Parental Guidance. New series. The childcare expert tackles parenting concerns. (T) 9.00 One Born Every Minute. New series. Documentary observing the lives of staff and patients on a maternity ward. (T) 10.00 Shameless. The Maguires are left to pick up the pieces as Karen's drive for self improvement becomes obsessive, and Liam's first romance is jeopardised when Frank is summoned to school. (T) 11.05 The Big Bang Theory. (T) 11.35 8 Out of 10 Cats. (R) (T) 12.25 Late Night Poker. (R) (T) 1.25 World Sport. (R) (T) 1.50 Lives of the Artists. (R) (T) 2.45 Bullrun. (R) (T) 3.10 Beach Volleyball. (R) (T) 4.00 Ironman Triathlon. (R) (T) 4.25 Freeps on 4. (R) (T) 4.55 St Elsewhere. (R) (T) 5.45 The Treacle People. (R) (T)

FIVE

6.00 Milkshake!: Pooey. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 Milkshake Monkey. (R) (T) 6.55 Funky Valley. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.30 Mio Mao. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Bert and Ernie's Great Adventures. (R) (T) 7.50 Noddy in Toyland. (R) (T) 8.05 Fifi and the Flowerbots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) 8.35 Igam Ogam. (T) 8.50 Funky Valley. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright

Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 House Doctor: Inside and Out. (R) (T) 12.35 Five News. (T) 12.45 RSPCA: Have You Got What It Takes? (R) (T) 1.15 Hero Animals. (R) (T) 1.45 Neighbours. (R) (T) 2.15 Home and Away. (T) 2.50 The Family Recipe. (R) (T) 2.55 FILM: Rescuers: Stories of Courage - Two Women (1997). Fact-based war-time drama, starring Elizabeth Perkins and Anne Jackson. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Chinese Food in Minutes. New series. Oriental cooking with Ching-He Huang. (T) 7.30 Five News Update. (T) 8.00 Ice Road Truckers. Alex Deboogorski develops a flat tyre while on a tough section of road; (T) 8.00 Five News at 9. (T) 9.00 CSI: Crime Scene Investigation. A football player is suspected of murdering his coach. (T) 10.00 CSI: Miami. A teenager dies in an explosion while shopping at a high-street boutique. Horatio and the team try to trace the source of the blast, and are shocked by what they find; (R) (T) Five News Update. (T) 11.00 CSI: NY. (R) (T) 12.00 The FBI Files. (R) (T) 1.00 SuperCasino. 4.00 Wildlife SOS. (R) (T) 4.25 Wildlife SOS. (R) (T) 4.50 Animal Rescue Squad. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

Best of the Rest

BBC3

7.00 Wallace & Gromit: A Grand Day Out 7.25 Film: Cool Runnings PG (1993)
9.00 Last Woman Standing 10.00 EastEnders 10.20 Coming of Age 11.00 Family Guy 11.25 Family Guy 11.50 Last Woman Standing 12.50 Coming of Age 1.20 The Real Hustle Undercover 1.50 Sun, Sex & Holiday Madness 2.50 Nicola Roberts: The Truth About Tanning 3.50 The Real Hustle Undercover 4.20 Sun, Sex & Holiday Madness 5.20 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Hidden Histories 8.00 The Sky at Night 8.30 Around the World by Zeppelin 10.00 We Need Answers 10.30 Newsview with Charlie Brooker 11.00 Dinner with Portillo 11.30 The Sky at Night 12.00 Jet Set: How Britain Took to the Air 1.00 Newsview with Charlie Brooker 1.30 Around the World by Zeppelin 3.00 The Sky at Night 3.30 We Need Answers 4.00 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Judge Judy 6.00 American Idol 7.00 Take Me Out 8.00 What Katie Did Next: The Best Bits 9.00 The Vampire Diaries 10.00 Film: The Bourne Supremacy 12 (2004) 12.10 Film: Inside Man 15 (2006) 2.40 Emmerdale 3.05 Teleshopping 3.35 The Montel Williams Show 4.10 Teleshopping 5.40 ITV2 Nightscreen Sky1

1.00 Bones 2.00 Angela and Friends 3.30 The Real A&E 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Cops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Universe 9.00 Caprica 10.00 Lost 11.00 Lost 12.20 Caprica 1.00 Road Wars 1.50 Ross Kemp: Return to Afghanistan 2.40 Don't Forget the Lyrics 3.30 Brainiac: Science Abuse 4.20 Battlestar Galactica 5.10 Are You Smarter Than a 10 Year Old?

GOLD

1.20 Yes Minister 2.00 Whatever Happened to the Likely Lads? 2.40 Whatever Happened to the Likely Lads? 3.20 The Green Grass Grows 4.00 The

Green Grass Grows 4.40 Only Fools and Horses 5.20 Only Fools and Horses 6.00 Last of the Summer Wine 6.40 Last of the Summer Wine 7.20 Yes Minister 8.00 Yes Minister 8.40 Porridge 9.20 Fawlty Towers 10.00 The Royle Family 10.40 Blackadder the Third 11.20 The Smell of Reeves and Mortimer 12.00 Early Doors 12.40 The Royle Family 1.20 Smack the Pony 1.55 The Smell of Reeves and Mortimer 2.35 Early Doors 3.00 Close

MOVIES

Sky Movies Drama

6.40 The Sicilian 18 (1987) 9.10 Cradle Will Rock 15 (1999) 11.30 Brideshead Revisited 12 (2008) With Matthew Goode. 1.50 One True Thing 15 (1998) With Renee Zellweger. 4.00 The Movie Geek 4.30 Charlie Wilson's War 15 (2007) With Tom Hanks. 6.15 Pillow Talk PG (1959) With Rock Hudson. 8.00 Across the Universe 12 (2005) With Evan Rachel Wood. 10.15 Rescue Dawn 12 (2006) With Christian Bale. 12.25 The General's Daughter 18 (1999) With John Travolta. 2.25 Flesh and Bone 15 (1993) With Dennis Quaid. 4.35 The Astronaut Farmer PG (2006)

Sky Movies Comedy

6.35 Hot Rod 12 (2007) 8.10 Soccer Mom PG (2008) 9.45 Miss Pettigrew Lives for a Day PG (2008) 11.25 Semi-Pro 15 (2008) With Will Ferrell. 1.00 American Pie 2 15 (2001) With Jason Biggs. 3.00 Baby Mama 12 (2008) With Tina Fey. 4.45 Miss Pettigrew Lives for a Day PG (2008) With Frances McDormand. 6.25 Semi-Pro 15 (2008) With Will Ferrell. 8.00 American Pie 2 15 (2001) With Jason Biggs. 10.00 Richard Pryor Live on the Sunset Strip 18 (1982) Stand-up from the Hollywood Palladium. 11.30 Baby Mama 12 (2008) With Tina Fey. 1.15 Hot Rod 12 (2007) With Andy Samberg. 2.50 Evil Dead II 18 (1987) With George Campbell. 4.20 Soccer Mom PG (2008)

Sky Movies Action/Thriller

6.00 Next of Kin 15 (1989) 8.00 Dragon: The Bruce Lee Story 15 (1993) 10.05 The Rock 15 (1996) 12.25 Quantum of

SPORT

Sky Sports 1

6.00 Live Test Cricket. India v South Africa. 11.00 Netbusters 11.30 Wild Spirits 12.00 Soccer AM: The Best Bits 1.00 Netbusters 1.30 Football League 3.00 Football Asia 3.30 Netbusters 4.00 Soccer AM: The Best Bits 5.00 Football's Next Star 6.00 A-League 6.30 Revista De La Liga 7.30 Soccer Special 10.30 Football First 12.00 Football First 1.30 Johnstone's Paint Trophy Football 2.30 Revista De La Liga 3.30 Football Asia 3.55 Live Test Cricket. India v South Africa.

Sky Sports 2

6.00 Live International Cricket. Australia v West Indies. 11.30 America's Cup Sailing 12.00 Poker 2.00 America's Cup Sailing 2.00 IRB Rugby World Sevens 5.30 Test Cricket 6.30 International Cricket 7.30 Live Football Special. Manchester City v Bolton Wanderers (Kick-off 7.45pm). 10.15 Poker 12.15 Golf 1.15 Pool 2.15 Close

Sky Sports 3

6.00 Good Morning Sports Fans 9.00 European Tour Golf 10.00 PGA Tour Golf 11.00 Wonderful World of Golf 12.30 PGA Tour Classic 1.30 Aerobics Oz Style 2.00 Snow Ride 2.30 Wild Spirits 3.00 Thinking Tackle 4.00 Bass Fishing 5.00 WWE: Smackdown 7.00 Live Johnstone's Paint Trophy Football. Carlisle United v Leeds United (Kick-off 7.00pm). 9.00 International Cricket 11.00 Fed Cup Tennis 12.00 Sports Unlimited 1.00 International Cricket 3.00 Close

Tuesday's Pick

CSI: Crime Scene Investigation, Five, 9pm +

Despite the fact American football coach Jimmy Miller wakes up soaked in blood, he makes breakfast and goes about his daily routine, but has little idea of his fatal head injuries. Later he drops dead on his front doorstep. Catherine and Ray deduce Miller was attacked while he was sleeping, but considering the amount of awards and trophies in his display cabinet, it's obvious he was extremely popular and not a likely target for murder. Pal Arnold, the president of the football team's 'booster club' — an organisation set up to promote the team, tells Brass that the coach was well liked and his house was always full of students. In the lab, Doc Robbins confirms the victim was hit by a blunt object at



least a dozen times, and that Miller's zombie-like behaviour resulted from the fact that the 'routine' area of his brain was still functioning.

Lost in a foreign land?

If you can't make contact because
you don't know the number, DQ can help
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Mon-Fri 09:30 - 18:00



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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under Revisited. (T) BBC News; Regional News. (T) 11.00 Best of Homes Under the Hammer. (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Timmy Time. (R) (T) 3.15 Gigglebizz. (R) (T) 3.30 CBBC: Tronji. (R) (T) 3.50 Frankenstein's Cat. (R) (T) Street Monsters. (R) (T) 4.05 SMart. (R) (T) MyFish. (R) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes hand in hand with greed. (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Topical magazine show, presented by Adrian Chiles and Christine Bleakley.

7.30 Nigel Slater's Simple Suppers. Food writer Nigel Slater provides everyday cooking advice, beginning with recipes for chicken cakes with herb mayonnaise and free-form trifle with raspberries and custard. (R) (T) Regue Traders. Matt Allwright confronts a roofing company that tried to charge a pensioner #14,000, and the presenter is in trouble when he catches up with a familiar face. (T)

9.00 Cars, Cops and Criminals: Soft Targets. Police squads go after criminals targeting vulnerable lorry drivers and their valuable loads, while investigators try to identify stolen caravans that have been sold on to unsuspecting members of the public. Also, PC Angus Nairn investigates truckers who are falsifying their spies-in-the-cab. (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 The National Lottery Draws. The balls are set rolling and the results of the Thunderball, Dream Number and Lotto draws are revealed. OJ Borg presents. (T) 10.45 Match of the Day. Gary Lineker presents highlights of tonight's Premier League fixtures, including Arsenal v Liverpool at the Emirates Stadium and Aston Villa v Manchester United at Villa Park. The Reds were looking for their first away league win over the Gunners since 2000, while Villa were aiming to do the double over the champions after having triumphed 1-0 at Old Trafford in December. (T)

12.05 FILM: In Dreams (1999). Thriller, starring Annette Bening. (T) Weatherview. (T) 1.45 Sign Zone: Antiques Roadshow. (R) (T) 2.45 Sign Zone: Country Tracks. (R) (T) 3.40 Sign Zone: Too Old to Be a Mum? (R) (T) 4.20 BBC News. (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Thomas and Anya go missing, and Carl is annoyed at being disturbed but heads out to search for them. Maisie's recklessness takes another turn when she lets a stranger take her home, and John worries about the health of his animals after another lamb dies. (T)

7.30 Lion Country. David Youdon takes female lions Sahara, Soriah and Swahili on their first night-hunt, where they must learn to work together, and he asserts his position as leader of the pride when the 18-month-old Batoka tests the boundaries of acceptable behaviour at the research trust. (T)

8.00 Midsomer Murders. Barnaby decides to join Causton's annual trip to Brighton when he becomes suspicious about the mayor's plans to buy up coastal land for holiday chalets. But before he can get to the bottom of the dubious deal, a hated property developer is beheaded at a funeral and a collection of valuable historical swords goes missing. With the help of his cousin DCI John Barnaby, the detective sets out to crack the case. Drama, guest starring Neil Dudgeon (Roman's Empire), Mark Gatiss (The League of Gentlemen), Coronation Street villain Brian Capron and Blackadder's Tim McInnerny. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T) 10.35 FILM: The Whole Ten Yards (2004). Comedy sequel, starring Matthew Perry. (T) 12.25 October Road. (R) (T) ITV News Headlines. 1.15 Loose Women. (R) (T) 2.00 The Jeremy Kyle Show. (R) (T) 2.55 ITV Nightscreen. (T)

BBC2

6.00 CBeebies: Jakers! (R) (T) 6.20 Clifford. (R) (T) 6.35 Bool! (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Tronji. (T) 7.25 Newsround. (T) 7.30 Barney's Barrier Reef. (R) (T) 8.00 League of Super Evil. (R) (T) 8.10 Street Monsters. (R) (T) 8.15 Arthur. (R) (T) 8.30 CBeebies: Zigby. (R) (T) 8.40 Kerwhizz. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Little Prairie Dogs. (R) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Nature's Calendar. (R) (T) 11.30 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T)

6.00 CBeebies: Jakers! (R) (T) 6.20 Clifford. (R) (T) 6.35 Bool! (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Tronji. (T) 7.25 Newsround. (T) 7.30 Barney's Barrier Reef. (R) (T) 8.00 League of Super Evil. (R) (T) 8.10 Street Monsters. (R) (T) 8.15 Arthur. (R) (T) 8.30 CBeebies: Zigby. (R) (T) 8.40 Kerwhizz. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Little Prairie Dogs. (R) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Nature's Calendar. (R) (T) 11.30 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T)

12.05 FILM: In Dreams (1999). Thriller, starring Annette Bening. (T) Weatherview. (T) 1.45 Sign Zone: Antiques Roadshow. (R) (T) 2.45 Sign Zone: Country Tracks. (R) (T) 3.40 Sign Zone: Too Old to Be a Mum? (R) (T) 4.20 BBC News. (T)

2.00 Panic Attack. (T) 2.30 Car Booty. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Cash in the Celebrity Attic. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 Coast. A journey along East Anglia's shoreline sees Neil Oliver explore the site of an abandoned Cold War experiment, while Nicholas Crane examines the causes of local flooding. (R) (T) 8.00 Natural World. The landscape and wildlife of Essex. (T) 9.00 Horizon: To Infinity and Beyond. Investigating theories about infinity. (T) 10.00 Have I Got News for You. Hosted by Dominic West, with guests James May and Reginald D. Hunter. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Jonathan Meades Off Kilter. (T) 12.20 BBC News. (T) 4.20 Close. (T)

C4

6.00 The Hoobs. (R) (T) 6.30 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.20 Wogan's Perfect Recall. (R) (T) 9.55 Deal or No Deal. (R) (T) 10.40 According to Jim. (T) 11.05 Without a Trace. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 Proud Parents. (R) (T) 12.15 Cooking It. (R) (T) 12.50 FILM: Airport (1970). Disaster movie, starring Burt Lancaster. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (R) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (R) (T) 7.00 Channel 4 News. (T) 8.00 Relocation, Relocation. Kirstie Allsopp and Phil Spencer help Derek Leslie and Fiona Smith look for a property in the Scottish countryside, after their dream move to New Zealand did not work out. (T) 9.00 Embarrassing Bodies. The doctors are in London to investigate stress, a condition that affects one in five people and is the nation's biggest reason for sick leave. (T) 10.00 Desperate Housewives. Carlos suspects Gabrielle is still attracted to John Rowland. (T) 11.00 Shameless. (R) (T) 12.00 Music: 360 Sessions. (T) 12.35 Gerry's Big Decision. (R) (T) 1.40 This Week's Music: Top 20. 3.25 The Closer. (T) 4.10 St Elsewhere. (R) (T) 5.00 Countdown. (R) (T) 5.45 The Treacle People. (R) (T)

FIVE

6.00 Milkshake! Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 Milkshake Monkey. (R) (T) 6.55 Funky Valley. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.30 Mio Mao. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Bert and Ernie's Great Adventures. (R) (T) 7.50 Noddy in Toyland. (R) (T) 8.05 Fifi and the Flowerlotts. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (T) 8.35 Igan Ogam. (R) 8.50 Funky Valley. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T)

12.05 FILM: In Dreams (1999). Thriller, starring Annette Bening. (T) Weatherview. (T) 1.45 Sign Zone: Antiques Roadshow. (R) (T) 2.45 Sign Zone: Country Tracks. (R) (T) 3.40 Sign Zone: Too Old to Be a Mum? (R) (T) 4.20 BBC News. (T)

bottom after waking up in a bedsit, John and Andy grow more concerned when yet another sheep collapses, and Thomas and Anya are rushed to hospital with rashes. (T)

7.30 Facing the Enemy: Tonight. (T) 8.00 Emmerdale. Natasha realises she cannot help Maisie alone and pleads with her to get professional help, and Carl is determined to know what made the kids ill, heading straight for the Dingles'. (T)

8.30 Coronation Street. A panic-stricken Gail calls David up to the Lakes, where she tells him the full story of Joe's scheme. Peter's drinking causes more rows with George and Leanne, so his worried girlfriend turns to Ken for support, and Sunita informs Dev of an imminent visit from her aunts - who do not know the couple have divorced. (T)

9.00 The Bill. A desperate woman barricades herself with her younger son into her estranged husband's house and alerts the police to the fact her children are being neglected and abused by their father. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T) 10.35 Road Warriors. Lance Corporal Lisa West is part of a convoy making a dangerous supply run into an Afghan area known as IED alley, due to the number of makeshift roadside bombs. The troops have to go carefully through an area laced with explosive devices and the Taliban and call in Apache attack helicopters before they can deliver their loads and at-

tempt to return to the safety of Camp Bastion. Mark Strong narrates. (T) 11.35 The Krypton Factor. Ben Shephard presents the game show proving physical stamina and mental agility. (R) (T) 12.05 Nightwatch with Steve Scott: Crime. (R) (T) ITV News Headlines. 1.00 Loose Women. (R) (T) 1.45 The Jeremy Kyle Show. (R) (T) 2.40 Facing the Enemy: Tonight. (R) 3.05 ITV Nightscreen. (T)

Best of the Rest

BBC3

7.00 Doctor Who's Greatest Moments 7.15 Doctor Who 8.00 Doctor Who Confidential 8.15 Doctor Who 9.00 Vampires: Why They Bite 10.00 Film: Interview with the Vampire 18 (1994) 12.00 Family Guy 12.20 Family Guy 12.45 Coming of Age 1.15 Hotter Than My Daughter 1.45 Snog. Marry, Avoid? 2.15 Vampires: Why They Bite 3.15 Coming of Age 3.45 Hotter Than My Daughter 4.15 Being Human 5.15 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 It's Only a Theory 8.00 Snowdrift at Bleath Giff 8.10 Great Railway Journeys of the World 9.00 Syrian School 10.00 Mad Men 10.45 We Need Answers 11.15 It's Only a Theory 11.45 Dinner with Portillo 12.15 Great Railway Journeys of the World 1.05 Syrian School 2.05 Latin Music USA 3.10 La Excelencia at the Barbican: Latin Music USA 4.10 Close

ITV2

1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Ricki Lake 5.30 Judge Judy 7.00 Popstar to Operastar 8.00 American Idol 9.00 Film: Miss Congeniality 2: Armed and Fabulous 12 (2005) 11.20 Film: Van Helsing 12 (2004) 1.55 Emmerdale 2.20 Teleshopping 4.20 Surface 5.05 Teleshopping 5.35 ITV2 Nightscreen

Sky1

1.00 Bones 2.00 Angela and Friends 3.30 The Real A&E 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Ops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Fat Families 9.00 Got to Dance 10.00 Got to Dance 11.00 Film: Die Hard 18 (1988) 1.35 NCIS: Los Angeles 2.35 Ross Kemp: Return to Afghanistan 3.30 Battlerate Galactica 4.20 Are You Smarter Than a 10 Year Old? 5.10 Don't Forget the Lyrics

BBC2

6.00 CBeebies: Jakers! (R) (T) 6.20 Clifford. (R) (T) 6.35 Bool! (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Tronji. (T) 7.25 Newsround. (T) 7.30 Barney's Barrier Reef. (R) (T) 8.00 League of Super Evil. (R) (T) 8.10 Street Monsters. (R) (T) 8.15 Arthur. (R) (T) 8.40 Kerwhizz. (R) (T) 9.00 Louie. (R) (T) 9.10 Finley the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Little Prairie Dogs. (R) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: BBC Primary History. (T) 11.20 KS2 Science Clips. (T) 11.30 One Straddle Time Traveller. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Panic Attack. (T) 1.30 Animal Park. (R) (T) 2.15 Car Booty. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Cash in the Celebrity Attic. (T) 5.15 Escape to the Country. (R) (T) 6.00 Eggheads. (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 The Cultural Show. Industrial designer Ron Arad discusses his first major British exhibition. (T) 8.00 Simon King's Shetland Diaries. Spring brings an influx of wildlife to the Islands. (T) 9.00 Mock

GOLD

1.30 dinnerladies 2.15 My Family 2.55 As Time Goes By 3.55 As Time Goes By 4.35 Blackadder the Third 5.15 Porridge 5.55 Last of the Summer Wine 7.15 dinnerladies 7.55 dinnerladies 8.40 The Vicar of Dibley 9.20 The Vicar of Dibley 10.00 The Royle Family 10.40 Absolutely Fabulous 11.20 Snack the Pony 11.55 Snack the Pony 12.25 The Royle Family 1.00 Absolutely Fabulous 1.40 Snack the Pony 2.05 The New Statesman 2.30 After You've Gone

MOVIES

Sky Movies Drama

6.20 School Ties PG (1992) 8.20 The American President 15 (1995) 10.20 Get Real 15 (1999) 12.20 Schindler's List 15 (1993) 12.30 Live Line. 3.40 The Duchess 12 (2008) With Keira Knightley. 5.35 Invictus Special 5.55 Teacher's Pet U (1958) With Doris Day. 8.00 PS I Love You 12 (2007) With Hilary Swank. 10.10 Vantage Point 12 (2008) With Dennis Quaid. 11.50 North Dallas Forty 18 (1979) With Nick Nolte. 2.00 The Oxford Murders 15 (2008) With Elijah Wood. 4.00 35MM 4.30 One Special Night PG (1999)

Sky Movies Comedy

6.00 Galaxy Quest PG (1999) 7.45 The Comebacks 15 (2007) 9.45 Superhero Movie 12 (2008) 11.07 Get Smart 12 (2008) With Steve Carell. 1.15 Dude, Where's My Car? 15 (2000) With Seann William Scott. 2.45 Brewster's Millions PG (1985) With Richard Pryor. 4.30 This Christmas 12 (2007) With Delroy Lindo. 6.30 Superhero Movie 12 (2008) With Drake Bell. 8.00 Get Smart 12 (2008) With Steve Carell. 10.00 Dude, Where's My Car? 15 (2000) With Seann William Scott. 11.30 Brewster's Millions PG (1985) With Richard Pryor. 1.15 The Comebacks 15 (2007) With David Koechner. 3.15 This Christmas 12 (2007) 5.20 Galaxy Quest PG (1999)

Sky Movies Action/Thriller

6.05 The Science of Superman 7.00 The Game 15 (1997) 9.15 Johnny

NCIS, Five, 9pm

When the body of young Lieutenant Corporal Rob Brewer is found strung up in his garage, the team are called in to investigate. The deceased had been tortured before his death and bears several injuries inflicted with all manner of tools. Fingerprints on a nearby toolbox point toward Jack Kale, the victim's former sergeant who was recently retired from service. Medical records show the prime suspect had a bad reaction to the medication he was taking for a rare blood disorder, causing psychotic episodes and aggressive behaviour - a theory backed up by the sergeant's reputation for volatility.

Handsome 15 (1989) 10.55 Babylon AD 15 (2008) 12.30 Body of Lies 15 (2008) With Leonardo DiCaprio. 2.45 Touch of Evil 12 (1958) With Charlton Heston. 4.40 I Am Legend 15 (2007) With Will Smith. 6.25 Babylon AD 15 (2008) With Vin Diesel. 8.00 Body of Lies 15 (2008) With Leonardo DiCaprio. 10.10 Con Air 15 (1997) With Nicolas Cage. 12.10 Pathology 18 (2007) With Milo Ventimiglia. 1.50 The Science of Superman 2.50 Fresno 18 (1972) With Jon Finch. 4.50 Point Last Seen PG

SPORT

Sky Sports 1

6.00 Live Test Cricket. India v South Africa. 11.00 A-League. 11.01 Football First 1.00 Football First 2.30 Football First 4.00 Johnstone's Paint Trophy Football 5.00 Football Asia 5.30 Total Rugby 6.00 Boots 'n' All 7.00 European Tour Weekly 7.30 Soccer Special 10.30 Football First 12.00 Football First 1.30 Boots 'n' All 2.30 Spanish Cup Football 4.30 FIFA Futsal Mundial 5.00 European Tour Weekly 5.30 Total Rugby

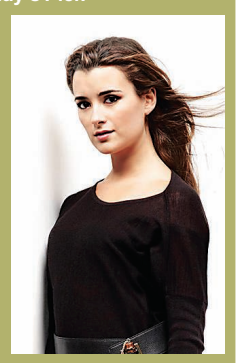
Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Pool 10.00 Golf 11.00 Pool 11.00 Revista De La Liga 2.00 Test Cricket 3.00 Poker 5.00 Transworld Sport 6.00 Inside the PGA Tour 6.30 FIFA Futbol Mundial 7.00 Live Football Special. Arsenal v Liverpool (Kick-off 7.45pm). 10.15 Spanish Cup Football 12.15 America's Cup Sailing 12.45 Total Rugby 1.15 Poker 3.15 Inside the PGA Tour 3.45 European Tour Weekly 4.15 America's Cup Sailing 4.45 Close

Sky Sports 3

10.00 Fed Cup Tennis 11.00 Racing News 11.30 Aerobics CX Style 12.00 Sports Unlimited 1.00 Pool 2.00 Snow Ride 2.30 Airsports World 3.00 Sports Unlimited 4.00 Pool 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Test Cricket 8.00 Boots 'n' All 9.00 European Tour Weekly 9.30 Total Rugby 10.00 America's Cup Sailing 10.30 Cage Fighting 12.00 Test Cricket 1.00 Netball 3.00 Cage Fighting 4.30 Close

Wednesday's Pick



BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under Revisited. (T) BBC News; Weather. (T) 11.00 Best of Homes Under the Hammer. (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Timmy Time. (R) (T) 3.15 Gigglebizz. (R) (T) 3.30 CBBC: Tronji. (R) (T) 3.50 Frankenstein's Cat. (R) (T) Street Monsters. (R) (T) 4.05 Horrible Histories. (R) (T) 4.35 Relic: Guardians of the Museum. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T) 7.30 EastEnders. Ronnie packs her bags as DCI Marsden claims to be closing in on Archie's murderer, and Jack gives Bradley a deadline to tell the police what he knows - or he will. Meanwhile, the Square prepares for Dot and Jim's surprise party and Zainab helps Ricky arrange a romantic meal for Bianca, leading to a revelation about the hen night. (T) BBC News; Regional News. (T)

8.00 Material Girl. Tensions run high as the day of the catwalk show arrives and Marco has to hatch a plan to avoid a clash with Davina's event. Ali is shell-shocked when she runs into her estranged mum at the venue and assumes she has to come to make the peace, but when she realises that is not the case, the designer buckles under the stress and runs off. Comedy drama, starring Lenora Cichlow. (T)

9.00 Silent Witness. Part one of two. Nikki investigates the murder of a teenage girl who fell from a ride at a funfair after being raped and stabbed, and suspects the killing may have been part of a gang initiation. (R) (T) 10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Question Time. (T) 11.35 This Week; (T) Skiing Weatherview. (T)

12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Of Russia. (R) (T) 1.55 Sign Zone: Countryfile. (R) (T) 2.50 Sign Zone: Natural World. (R) (T) 3.50 Sign Zone: The Rat Pack. (R) (T) 4.20 BBC News. (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Maisie hits rock

at McCool's (2001). Black comedy, starring Liv Tyler. (T) 3.00 Dispatches: Post Office Undercover. (R) (T) 3.55 The Bible: A History. (R) (T) 4.45 Countdown. (R) (T) 5.30 Yo Gabba Gabba. (T)

FIVE

6.00 Milkshake! Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 Milkshake Monkey. (R) (T) 6.55 Funky Valley. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.30 Mio Mao. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Noddy in Toyland. (R) (T) 8.05 Fifi and the Flowerlotts. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (T) 8.35 Igan Ogam. (R) 8.50 Funky Valley. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake! Music Box. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.35 Five News. (T) 12.45 RSPCA: Have You Got What It Takes? (R) (T) 1.15 Hero Animals. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.10 FILM: Jane Doe: The Harder They Fall (2006). Murder mystery, starring Lea Thompson. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Zoo Days. An operation is performed on a mandrill. (R) (T) 7.30 Five News Update. (T) 8.00 Build a New Life in the Country. A couple building an open-plan home in Barbados. (T) 8.00 Five News at 9.00 Extreme Fishing with Robson Green. The actor continues his journey in Sri Lanka. (T) 10.00 FILM: Scream 3 (2000). Three survivors of the Woodsboro

massacre reunite when a killer strikes during a movie production based on their experiences. Horror sequel, with Neve Campbell and David Arquette. (T) 12.20 SuperCasino. 4.00 Wildlife SOS. (R) (T) 4.25 Wildlife SOS. (R) (T) 4.50 Animal Rescue Squad. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

Best of the Rest

BBC3
 7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Snog, Marry, Avoid? 8.30 Hotter Than My Daughter 9.00 Dancing on Wheels 10.00 EastEnders 10.30 The Real Hustle Undercover 11.00 The Real Hustle Undercover 11.30 Family Guy 11.55 Family Guy 12.20 Dancing on Wheels 1.20 Material Girl 2.20 Snog, Marry, Avoid? 2.50 Hotter Than My Daughter 3.20 The Real Hustle Undercover 3.50 The Real Hustle Undercover 4.20 EastEnders: The Greatest Cliffhangers 5.20 Close
BBC4
 7.00 World News Today 7.00 Weather 7.30 Only Connect 8.00 Light Fantastic 9.00 The Great Offices of State 10.00 Newsnight with Charlie Brooker 10.30 Later Latin 11.30 Film: Tell No One 15 (2006) 1.35 Newsnight with Charlie Brooker 2.05 The Great Offices of State 3.05 Light Fantastic 4.05 The Great Offices of State 5.05 Close
ITV2
 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women

4.40 Ricki Lake 5.30 Judge Judy 7.00 New You've Been Framed! 7.30 Harry Hill's TV Burp 8.00 American Idol 9.00 What Katie Did Next 10.00 Secret Diary of a Call Girl 10.35 Film: Lock, Stock and Two Smoking Barrels 18 (1998) 12.45 Coronation Street 1.15 Hell's Kitchen USA 2.05 Emmerdale 2.35 Emmerdale 3.00 Teleshopping 5.30 ITV2 Nightscreen
Sky1
 1.00 Bones 2.00 Angela and Friends 3.30 The Real A&E 4.30 Lion Man 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Modern Family 8.30 Two and a Half Men 9.00 Bill Bailey's Birdwatching Bonanza 10.00 Bones 11.00 Fat Families 12.00 Road Wars 1.00 Road Wars 1.50 Ross Kemp: Return to Afghanistan 2.40 Don't Forget the Lyrics 3.30 Battlestar Galactica 4.20 Brainiac: Science Abuse 5.10 Are You Smarter Than a 10 Year Old?
GOLD
 1.20 Steptoe and Son 2.00 The Brittas Empire 2.40 The Brittas Empire 3.20 Keeping Up Appearances 4.00 Keeping Up Appearances 4.40 The Vicar of Dibley 5.20 The Vicar of Dibley 6.00 Last of the Summer Wine 6.40 Last of the Summer Wine 7.20 Steptoe and Son 8.00 Steptoe and Son 8.40 Only Fools and Horses 9.20 Only Fools and Horses 10.00 Fawcett Towers 10.40 Men Behaving Badly 11.20 Game On 12.00 Porridge 12.40 After You've Gone 1.20 Men Behaving Badly 2.00 Game On 2.35 The New Statesman

MOVIES

Sky Movies Drama

6.10 Daylight Robbery 15 (2007) 7.55 Nights in Rodanthe PG (2008) 9.40 Marco Polo 11.15 Marco Polo 12.50 I Could Never Be Your Woman 12 (2007) With Michelle Pfeiffer. 2.35 Intersection 15 (1994) With Richard Gere. 4.20 Home of the Brave 15 (2006) With Samuel L. Jackson. 6.10 Funny Face U (1956) With Fred Astaire. 8.00 Nights in Rodanthe PG (2008) With Richard Gere. 9.40 Defiance 15 (2008) With Daniel Craig. 12.00 No Country for Old Men 15 (2007) With Josh Brolin. 2.15 My Kingdom 18 (2001) With Richard Harris. 4.15 Miracle on the 17th Green U (1999)

Sky Movies Comedy

7.05 Space Cowboys PG (2000) 9.20 Family Show 9.50 Housestiller PG (1991) 11.35 Father of the Bride Part II PG (1995) With Steve Martin. 1.25 The Man with Two Brains 15 (1983) With Steve Martin. 3.00 Bowfinger 12 (1999) With Steve Martin. 4.40 Without a Paddle: Nature's Calling 12 (2008) With Kristopher Turner. 6.15 Housestiller PG (1991) With Steve Martin. 8.00 Father of the Bride Part II PG (1995) With Steve Martin. 10.00 The Man with Two Brains 15 (1983) With Steve Martin. 11.35 Bowfinger 12 (1999) With Steve Martin. 1.15 Without a Paddle: Nature's Calling 12 (2008) With Kristopher Turner. 2.50 Welcome Home Roscoe Jenkins 12 (2008) With Martin Lawrence. 4.50 Space Cowboys PG (2000)

Sky Movies Action/Thriller

6.25 Copperhead 18 (2008) 8.00 Rumble in the Bronx 15 (1995) 9.35 Chaos 15 (2005) 11.25 Death Race 15 (2008) With Jason Statham. 1.25 The Top 10 Show 1.50 The Invasion 15 (2007) With Nicole Kidman. 3.35 Rumble in the Bronx 15 (1995) With Jackie Chan. 5.10 Pale Rider 15 (1985) With Clint Eastwood. 7.10 Chaos 15 (2005) With Jason Statham. 9.00 Death Race 15 (2008) With Jason Statham. 11.00 Kill Switch 18 (2008) With Steven Seagal. 12.40 Renegades 18 (1989) With Kiefer Sutherland. 2.30 Sleepers 18 (1996) With Brad Pitt. 5.00 Copperhead 18 (2008)

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Snow Ride 7.00 Boots 'n' All 8.00 Inside the PGA Tour 8.30 European Tour Weekly 9.00 Live European Tour Golf. The Avantha Masters. 12.00 Inside the PGA Tour 12.30 Football First 2.00 FIFA Futbol Mundial 2.30 Total Rugby 3.00 Live Horse Racing. The Dubai International Racing Carnival. 7.00 Live Premier League Darts. Round one from the O2 in London. 10.30 Time of Our Lives 11.30 SPL Round-Up 12.00 Premier League World 12.30 Premier League Darts 4.00 SPL Round-Up 4.30 Premier League World 5.00 Tracking Eero 5.30 ATP Tour Uncovered

Sky Sports 2

6.00 Good Morning Sports Fans 9.00

Sky Sports 3

6.30 America's Cup Sailing 7.00 WWE: Experience 8.00 Netball 10.00 Live Tennis. Day four of the World Tennis Tournament. 4.00 ATP Tour Uncovered 6.30 Airsports World 5.00 WWE Vintage Collection 6.00 ATP Tour Uncovered 6.30 Live Tennis. Day four of the World Tennis Tournament. 10.30 WWE: Late Night - Raw 12.30 Extreme Championship Wrestling 1.30 PGA Tour Golf 4.00 ATP Tour Uncovered 5.00 Wild Spirits 5.30 Snow Ride

Thursday's Pick

Leaving Home at 8, CH4, 9pm
 When it's a week until payday and your darling son is telling you he has a cookery class in an hour and it's their turn to bring in sausage, eggs, bacon and beans for the entire class, the idea of boarding school can seem suddenly appealing. But in reality, could you really send your darling little demons off to the care of strangers? This film follows four eight-year old girls as they adjust to their new life away from their parents and their home. Each of the parents has decided that their child will be better off boarding in a private school, in this instance Highfield, one of the best boarding schools in the UK.



BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Wanted Down Under Revisited; (T) BBC News; Weather. (T) 11.00 Best of Homes Under the Hammer 11.30 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Timmy Time. (R) (T) 3.15 Gigglegibz. (R) (T) 3.30 CBBC: Tronji. (R) (T) 3.50 Frankenstein's Cat; (R) (T) Street Monsters. (T) 4.05 ROY. (R) (T) 4.35 Gastronuts. (T) 5.00 Newsround. (T) 5.15 Weakest Link. General knowledge quiz. (R) (T) 6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T) 7.30 A Question of Sport. Former Northern Ireland striker Iain Dowie, Crusaders rugby league manager Brian Noble, Sheffield United player-coach Gary Speed and Paralympic swimmer Sascha Kindred join team captains Phil Tufnell and Matt Dawson for another round of the quickfire quiz. Presented by Sue Barker; (T) BBC News: Regional News. (T) 8.00 EastEnders. DCI Marsden warns the suspects about a new forensic profile of the murderer and continues her pursuit of Ronnie, who has stolen Roy's passport. 8.30 Q! XL. Stephen Fry hosts the quiz with a difference, joined by guests Barry Humphries, Bill Bailey and Rich Hall and regular panellist Alan Davies. The presenter asks questions on the subject gravity, awarding points for the answers he finds most interesting. (T) 9.00 Silent Witness. Part two of two. Leo tries to prise information from Levi, but it is only after the youngster fails to go through with a stabbing that he runs away and begs for help, finally revealing all he knows. 10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 Friday Night with Jonathan Ross. The host presents celebrity chat and musical performances. (T) 11.35 The National Lottery EuroMillions Draw. Presented by Kelle Bryan. (T) 11.45 FILM: Timecop (1994). Sci-fi adventure, starring Jean-Claude Van Damme; (T) Weatherview. 1.20 Sign Zone: An Island Parish. (R) (T) 1.50 Sign Zone: Seven Ages of Britain. (R) (T) 2.50 Sign Zone: Lark Rise to Candleford. (R) (T) 3.50 BBC News. (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 The Alan Titchmarsh Show. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Nathan warns Ryan to stay away from his family, Paddy believes the Sharmas' factory is responsible for poisoning the stream, and Val worries that Pollard is working too hard. (T) 7.30 Coronation Street. David forces Gail to get her story straight before they leave the Lakes, but a police officer's visit causes both to fear they are about to be discovered. Peter's repeated attempts to see Simon prompt his family to plan an intervention to stop his drinking, and Dev eagerly pretends he is still married to Sunita when her aunts arrive to stay. (T) 8.00 Dancing on Ice Friday. In the run-up to Valentine's Day, the celebrities reveal what they love and hate about their skating partners and an expert analyses their body language as they work on the new routines. (T) 8.30 Coronation Street. The return of Nick threatens to unravel David and Gail's lies about Joe's whereabouts, while Peter refuses George's offer of financial assistance and instead demands to see Simon. (T) 9.00 Popstar to Operastar. As the competition reaches the semi-final stage, the four remaining singers bidding for opera glory tackle new arias under the guidance of Katherine Jenkins and Rolando Villazon. (T) 10.00 ITV News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 FILM: Maverick (1994). Comedy Western, starring Mel Gibson. (T) 12.50 Nightwatch with Steve Scott: Emergency. (R) (T) ITV News Headlines. 1.45 FILM: Peeping Tom (1960). Psychological thriller, starring Carl Boehm. (T) 3.25 ITV Nightscreen.

BBC2

6.00 CBeebies: Jakers! (R) (T) 6.20 Clifford. (R) (T) 6.35 Bool (R) (T) 6.45 Louie. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Tronji. (T) 7.25 Newsround. (T) 7.30 Barney's Barrier Reef. (R) (T) 8.00 League of Super Evil. (R) (T) 8.10 Street Monsters. (R) (T) 8.15 Arthur. (R) (T) 8.30 CBeebies: Zigby. (R) (T) 8.40 Kerwhizz. (R) (T) 9.00 Louie. (R) (T) 9.10 Finlay the Fire Engine. (R) (T) 9.25 Lunar Jim. (R) (T) 9.35 Little Prairie Dogs. (T) 9.45 Our Planet. (R) (T) 9.55 Telly Tales. (R) (T) 10.10 Waybuloo. (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Schools: Primary Class Clips. (T) 11.15 BBC Primary Geography. (T) 11.25 Something Special. (T) 11.40 Look and Read. (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Panic Attack. (T) 1.30 Animal Park. (R) (T) 2.15 Car Booty. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flig It! 4.30 Cash in the Celebrity Attic. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Priceless Antiques Roadshow. (T) 7.00 Andrew Marr's History of Modern Britain. The country under Margaret Thatcher. (R) 8.00 Mastermind. John Humphrys chairs, asking questions on the subjects TV Westerns of the 1950s and 1960s, the Life and Work of JRR Tolkien, the Government of Gough

Whitlam and Dixie Dean. (T) 8.30 An Island Parish. Phil and Mimi receive unsettling news. Last in the series. (T) 9.00 Mastercrafts. New series. People are challenged to learn a trade. (T) 10.00 Mock the Week. Quiz show, with Dara O Briain. (R) (T) 10.30 Newsnight. (T) 11.00 The Review Show; (T) Weather. (T) 11.45 Heroes. (R) (T) 12.30 Nurse Jackie. (R) (T) 1.00 Robbie Williams: Electric Blue 2009. (R) (T) 1.45 Winter Olympics: Opening Ceremony. Coverage of the opening ceremony at BC Place in Vancouver, Canada. (T) 4.45 Close.

C4

6.00 The Hoobs. (R) (T) 6.30 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Everybody Loves Raymond. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.20 Wogan's Perfect Recall. (R) (T) 9.55 Deal or No Deal. (R) (T) 10.40 According to Jim. (T) 11.05 Without a Trace. (R) (T) 12.00 Channel 4 News Summary. (T) 12.05 Cooking It. (R) (T) 12.30 The Home Show. (R) (T) 1.25 FILM: War of the Wildcats (1993). Western, starring John Wayne. (T) 1.45 Countdown. (T) 4.10 Deal or No Deal. (T) 5.30 Wogan's Perfect Recall. (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 Young, Angry and White. Documentary investigating why some young people want to join the British National Party, exploring the motivations and fears of a prospective member. Part of the First Cut strand. (T) 8.00 Relocation: Phil Down Under. Properties in the Northern Beaches area of Sydney. Last in the series. (T) 9.00 Ramsay's Kitchen Nightmares USA. New series. A failing cafe in Philadelphia. (T) 10.00 8 Out of 10 Cats. With Carol Vorderman, David O'Doherty and John Bishop. (T) 10.50 Rude Tube. (R) (T) 11.50 4Music: The Album Chart Show: Mika Special. (T) 12.25 4Music: 4Play. With Scott-Heron. (T) 12.40 Gerry's Big Decision. (R) (T) 1.40 Drifting. (R) (T) 1.55 The Schoolboy Who Sailed the World. (R) (T) 3.15 Soft. (R) (T) 3.30 Afterworld. (R) (T) 3.55 The Invasion. (R) (T) 4.10 St Elsewhere. (R) (T) 5.00 Countdown. (R) (T) 5.45 Close.

FIVE

6.00 Milkshake! Pocoyo. (R) (T) 6.05 Fireman Sam. (R) (T) 6.20 The Beeps. (R) (T) 6.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.45 Family! (R) (T) 6.50 Milkshake Monkey. (R) (T) 6.55 Funky Valley. (R) (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.30 Miao Mao. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Noody in Toyland. (R) (T) 8.05 Fifi and the Flowerbots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (T) 8.35 Igan Ogam. (R) (T) 8.50 Funky Valley. (R) (T) 8.55 Rupert Bear. (R) (T) 9.05 Milkshake Music Box. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 How Not to Decorate. (R) (T) 12.35 Five News. (T) 12.45 RSPCA: Have You Got What It Takes? (R) (T) 1.15 Hero Animals. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 FILM: Hidden Places (2006). Depression-era romantic drama, starring Sydney Penny. (T) 5.00 Five News;

Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Chris Barrie's Massive Speed. Chris explores the history of speedboats; (T) 7.30 Five News Update. (T) 8.00 Elephant Charge: Austin Stevens' Adventures. The naturalist tracks down Asian elephants in Sri Lanka. (T) 8.00 Five News at 9.30. 9.00 FILM: The Fifth Element (1997). A 23rd-century New York cab driver protests a mysterious woman destined to save the world from destruction. Sci-fi adventure, starring Bruce Willis, Gary Oldman and Milla Jovovich. Including Five News Update at 9.55pm. (T) 11.35 The Sexy Ads Show. (T) 12.05 SuperCasino. 4.00 Motorsport Mundial. 4.25 Wildlife SOS. (R) (T) 4.50 Animal Rescue Squad. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

Best of the Rest

BBC3
 7.00 Top Gear 8.05 The Real Hustle 8.10 Doctor Who 9.00 Being Human 10.00 EastEnders 10.30 I Believe in UFOs: Danny Dyer 11.30 Family Guy 11.50 Family Guy 12.15 Coming of Age 12.45 Two Pints of Lager and a Packet of Crisps 1.15 Two Pints of Lager and a Packet of Crisps 1.45 I Believe in UFOs: Danny Dyer 2.45 Being Human 3.40 Coming of Age 4.10 Two Pints of Lager and a Packet of Crisps 4.40 Two Pints of Lager and a Packet of Crisps 5.10 Greek Uncovered 5.15 Greek Uncovered 5.25 Close
BBC4
 7.00 World News Today 7.00 Weather 7.30 Paganini's Daemon 8.45 Herb Alpert and his Tijuana Brass 9.00 Latin Music USA 10.00 Film: La Bamba 15 (1987) 11.45 The Old Grey Whistle Test 12.25 Latin Music USA 1.25 Later Latin 2.25 The Old Grey Whistle Test 3.05 Paganini's Daemon 4.20 Close
ITV2
 1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Loose Women 4.40 Judge Judy 5.30 Dancing on Ice 7.30 Dancing on Ice: The Skate Off 8.00 The Vampire Diaries 9.00 Film: Passenger 57 15 (1992) 10.45 Coronation Street 11.15 Coronation Street 11.45 What Katie Did Next 12.50 Emmerdale 1.20 Hollywood Lives 1.45 Teleshopping 4.45 ITV2 Nightscreen 5.30 ITV2 Nightscreen
Sky1
 1.00 Bones 2.00 Angela and Friends 3.30 The Real A&E 4.30 Lion Man 5.00 WWE Superstars 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Got to Dance 9.00 Lost 10.00 Modern Family 10.30 Modern Family 11.00 Football's Next Star 12.00 Road Wars 1.00 Road Wars 1.50 Ross Kemp: Return to Afghanistan 2.40 Don't Forget the Lyrics 3.30 Battlestar Galactica 4.20 Brainiac: Science Abuse 5.10 Are You Smarter Than a 10 Year Old?
GOLD
 1.20 Yes Minister 2.00 Whatever Happened to the Likely Lads? 2.40 Whatever Happened to the Likely Lads? 3.20 As Time Goes By 4.00 As Time Goes By 4.00 Only Fools and Horses 5.20 Only Fools and Horses 6.00 Last of the Summer Wine 6.40 Last of the Summer Wine 7.20 Yes Minister 8.00 Yes Minister 8.40 Porridge 9.20 Fawcett Towers 10.00 The Royle Family 10.40 Little Britain 11.20 Two Pints of Lager and a Packet of Crisps 12.00 Two Pints of Lager and a Packet of Crisps 12.40 The Royle Family 1.20 Little Britain

America's Cup Sailing 9.30 Spanish Cup Football 11.30 Football First 1.00 America's Cup Sailing 1.30 Boots 'n' All 2.30 European Tour Golf 5.30 The Rugby Club 6.30 European Tour Golf 8.00 Live PGA Tour Golf. The AT&T Pebble Beach National Pro-Am. 11.00 European Tour Golf 12.30 Tracking Eero 1.00 Time of Our Lives 2.00 The Rugby Club 3.00 Sky Sports Classics 3.15 Live International Cricket. Australia v West Indies.

MOVIES

Sky Movies Drama

6.00 The Evening Star 15 (1996) 8.10 Invictus Special 8.25 Joshua 15 (2007) 10.15 In the Land of Women 12 (2007) 12.00 Saving Sarah Cain PG (2007) With Lisa Pepper. 1.50 Thick as Thieves 15 (2009) With Morgan Freeman. 3.40 The Movie Geek 4.10 The Other Boleyn Girl 12 (2008) With Natalie Portman. 6.15 Love Story PG (1970) With Ryan O'Neal. 8.00 Ghost 15 (1990) With Demi Moore. 10.10 The Reader 15 (2008) With Kate Winslet. 12.20 Charlie Wilson's War 15 (2007) With Tom Hanks. 2.10 We Own the Night 15 (2007) With Joaquin Phoenix. 4.15 Pictures of Hollis Woods PG (2007)

Sky Movies Comedy

7.05 The Top 10 Show 7.30 The Bachelor 12 (1999) 9.15 The Women 12 (2008) 11.15 Road Trip 15 (2000) With Breckin Meyer. 12.55 Meet the Spartans 12 (2008) With Sean Maguire. 2.25 Nutty Professor II: The Klumps 12 (2000) With Eddie Murphy. 4.15 The Bachelor 12 (1999) With Chris O'Donnell. 6.00 The Women 12 (2008) With Meg Ryan. 8.00 Road Trip 15 (2000) With Breckin Meyer. 9.40 Pineapple Express 15 (2008) With Seth Rogen. 11.35 Meet the Spartans 12 (2008) With Sean Maguire. 1.05 Nutty Professor II: The Klumps 12 (2000) With Eddie Murphy. 2.55 Pineapple Express 15 (2008) With Seth Rogen. 4.50 Another Stakeout PG (1993)

Sky Movies Action/Thriller

6.35 Demolition Man 15 (1993) 8.35 The Forbidden Kingdom 12 (2008) 10.25 Transformers 12 (2007) 12.50 The Mechanik 15 (2005) With Dolph Lundgren. 2.40 Demolition Man 15 (1993) With Sylvester Stallone. 4.40 The Forbidden Kingdom 12 (2008) With Jet Li. 6.30 Transformers 12 (2007) With Shia LaBeouf. 9.00 The Dark Knight 12 (2008) With Christian Bale.

Friday's Pick

Ramsay's Kitchen Nightmares USA, CH4, 9pm
 With The F Word on the back boiler for a while, Gordon Ramsay's lipsmacking, troubleshooting, American odyssey continues with a new run of this tasty series. For the first of the new helpings he visits the Hot Potato Café in Fishtown, Philadelphia. It might sound like a mouthwatering premise, but punters are staying away in their droves. With no profit made in its two years of trading and an influential restaurant reviewer dubbing them 'Spuddy Hell', Gordon realises Hot Potato may have had its chips.



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IN HET KADER van de verplichte registratie tot 28 februari, **TOC** (geregistreerd in CTOC/OTOC sedert 1998) is beschikbaar als "Responsavel Tecnico" van boekhoudkantoor. Spreek Portugees, Nederlands en Engels. Tel. 910696042

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GROCERY SHOP fittings for sale, shelves, fridges, etc. offers considered. Tel: 969 485 071, ginstenr@gmail.net

ALBUFEIRA - POOL bar with sea views. Great potential, freehold €85,000. Phone Portugal auctions 914 209 965.

Charities

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-brac, Books. Open Wed: 2.30-4.30pm Sat: 10.30am-12.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

ALBUFEIRA ABA Charity shop, 41D Avenida do Tennis, Open Tues to Saturday 10.30 until 2pm. (next door to the Galeano Bar) on the road that leads to the Marina, from the dual carriageway. We are an independent charity, using the income from the shop for neutering animals. Please help us by donating items for sale.

APAA CHARITY SHOPS. Cerro Grande, Albufeira open Tuesday to Saturday 10.30am to 2pm. Dunas do Alvor open Tuesday to Sunday 10.30am to 2pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help stray and abandoned dogs and cats.

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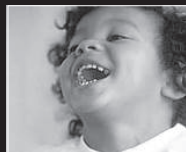
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For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

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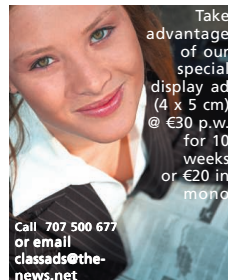


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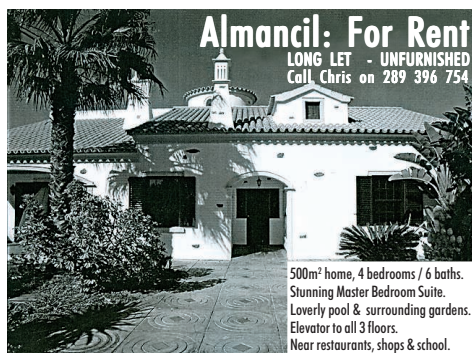
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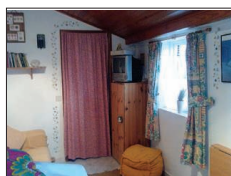
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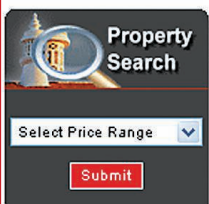
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NEWS IN BRIEF

Portugal cancels order for 2m doses of 'swine flu' vaccine

Portugal has cancelled an order for 2 million doses of 'Swine Flu' vaccine - one-third of its original order - the Health Ministry announced. The Ministry said the cancellation with GlaxoSmithKline was in line with the World Health Organisation's revised recommendation that one dose of the vaccine was sufficient, rather than two as first suggested. Of its original order for six million doses, Portugal has received 1.6 million and administered about 500,000, the Ministry said, adding that Lisbon's approach to the vaccination programme had been one of the "more rational" among European countries.

Lawmakers vote unanimously for Holocaust Memorial Day

The Portuguese Parliament has approved the observation of January 27 as Holocaust Memorial Day in a unanimous vote, saying the event was needed to "avoid forgetting a tragedy of an unprecedented dimension". The Government expressed its support for the initiative with Parliamentary Affairs Minister Jorge Lacão declaring the need of a "determined, never-again stance" towards Nazi Germany's attempt to exterminate Europe's Jewish population.

Lisbon's UTL to award President Pires with honorary doctorate

The Technical University of Lisbon (UTL) will award Cape Verdean President Pedro Pires an honorary doctorate in public administration next May. An aide to the President said that UTL rector Fernando Ramôa Ribeiro had travelled to Cidade da Praia to inform Pires personally of the planned honour.

Brussels gives Azores €20m to restructure dairy sector

Portugal's Azores Islands will receive €20 million to help it restructure its dairy sector, the European Commission said in Brussels. Agriculture Commissioner Mariann Fischer Boel announced the aid as part of an EU-wide programme for the sector.

Maputo's first Portuguese-English weekly aims to 'break down borders'

Mozambique's first bilingual weekly newspaper hit the streets last Friday, capping about eight years of brainstorming by Mozambican and South African media groups Soico and Caxton. The 20-page, Portuguese and English-language 'Border Post' is to be distributed for free at border crossings, airports, ports, tourist resorts and at key points in the Mozambican capital, Maputo. The eight-year-old "mirage is a reality today", Soico's Jeremias Langa said, forecasting that 'Border Post' would "break down borders" between neighbouring countries.

Defence Minister wants "political debate" at NATO meet

Portuguese Defence Minister Augusto Santos Silva said Monday that he hopes his NATO colleagues will engage in "political debate" at their encounter this week on the transatlantic alliance's new strategic and organisational concepts to be unveiled at a Lisbon summit later this year. Santos, who was due to attend the informal gathering of NATO ministers in Istanbul from Thursday to Friday, said finance will be a key theme of this week's discussions.

"2011 'Year of Portugal' in China will showcase modern, exporting state"

Next year is 'The Year of Portugal' in China and the initiative will be used to show a "modern, innovative and exporting country" in an attempt to ramp up relations with the Asian economic superpower, a senior diplomat said this week. Rui Santos, Portugal's Beijing ambassador, told Lusa the 'charm offensive' being mounted in 2011 will show not only his country's historic role in bringing cultures together, but also Portugal as a modern and dynamic economy. Portuguese wines will also be specially showcased in the 12-month promotion, said Santos.

Ongoing media group mulls Brazil non-business journal launch

Portuguese media group Ongoing said this week it is studying the possible launch of a new general interest newspaper but has yet to make a final decision to launch it. An Ongoing source told the Lusa News Agency the group is analysing entry into Brazil's print media sector in an area outside business where it already publishes *Brasil Económico*. Brazilian magazine *Veja* reported that Ongoing plans to launch 'Brasília Post' which is based on the Washington Post. An Ongoing source, however said the reported project would probably have a Portuguese title rather than an English one.

Angola owes Portuguese constructors €500m

Angolan state debt to Portuguese construction companies operating in the country totals more than €500 million, a spokesman for the sector said Wednesday. The vice-president of the national builders association ANEOP, Manuel Agria, told the Lusa News Agency the Angolan debt load began mounting last summer with the collapse of oil prices that squeezed Luanda's finances. "The situation continues as it was a few months ago", despite the government's pledge to settle its debts by the end of 2009, Agria said. "There has been no improvement", he added, saying Portuguese firms were beginning to feel "cash flow difficulties". He stressed, however, that ANEOP did not want to "create hostilities" with Luanda, underlining that Angola was "an extremely important market" for the sector.



Children show their new electronic resident cards. (Photo: Lusa / Manuel de Almeida)

Over 150,000 non-EU residents have electronic residence card

Portugal's immigration service SEF has provided more than 150,000 non-EU residents with electronic documentation under a new programme during the past year, the department said Wednesday.

The new residency card includes a chip with biometric data that simplifies the process of obtaining the document, "re-enforces efficiency" and "eliminates the possibility" of its illicit use, SEF told the Lusa News Agency.

Since the introduction of the system on February 3,

2009, more than 151,000 non-EU residents have been given the electronic card, with Brazilians topping the list with about 67,000.

Ukrainians have more than 18,000 electronic cards. Cape Verdeans have nearly 17,000 and follow Brazil in the ranking.

TPN/Lusa

ETA suspects appeal against "excessive" preventive custody

The lawyer representing two Basques arrested last month in Portugal on suspicion of carrying out terrorist activities for the ETA separatist movement says he has appealed against the men's "excessive and improper" preventive custody.

José Galamba said his clients, Garikoitz García Arrieta and Iratxe Yanez Ortiz de Barron, are not guilty of any terrorist acts or of supporting terrorism. Arrieta faces charges of auto-theft and terrorism, while Ortiz de Barron is accused of forging documents and supporting ETA's terror campaign.

The pair, arrested mid-January

in central Portugal on a Madrid-stamped EU arrest warrant, were put into preventive custody because a Portuguese court decided both purportedly committed the above crimes in Portugal. Arrieta is being held in the maximum security wing of Lisbon's Monsanto Prison while de Barron is in Porto's Santa Cruz do Bispo jail.

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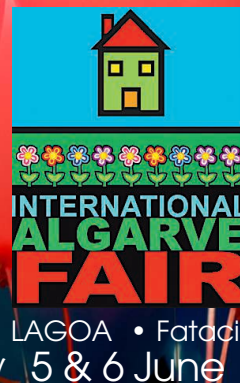
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Braga beats Sporting to keep lead



Braga supporters celebrate the victory over Sporting at the end of their first league match held at Axa Stadium in Braga, on 29 January. (Photo: Lusa/Hugo Delgado)



Sporting de Braga managed to tame the 'Lions' last weekend to maintain their lead in the Liga Sagres. Benfica are level on points as they pushed aside Vitória de Guimarães and FC Porto still trails the leaders by six.

Braga were under a lot of pressure in the seventeenth round of the Liga Sagres as they faced tough opposition in Sporting during the first match of the weekend. With Benfica on the same points, Braga needed to win to be sure they stayed on top.

Coming into the match in great form, Braga proved they were not 'fluke' leaders of the season as they were able to hold back Sporting in their energetic start. At the half hour mark, Paulo César scored after a great individual play, getting past Veloso and Pereira to then take a shot, which deflected off Tonel and sending Sporting's keeper the wrong way.

Sporting tried to react to the goal immediately, but Braga kept on pushing them back and creating some interesting plays themselves. Liedson let a fantastic opportunity go to waste five minutes from the end of the first half, missing an open goal after Eduardo, Braga's keeper, dropped the ball.

Braga were able to maintain their lead throughout the match and Carvalhal's three substitutions did not bring any added advantage to Sporting. Braga players, and fans, celebrated euphorically at the final whistle.

FC Porto faced Nacional in Madeira on Saturday, winning easily by 4-0. An early red card for Alex Bruno gave FC Porto a

one player advantage and a goal from the resulting penalty kick, scored by Silvestre Varela. Minutes later, Falcão doubled the 'Blues' advantage before the half time whistle. FC Porto kept up the pressure during the second half and scored two further goals, Falcão (62') and Varela's (85') second goals.

In order to keep the pressure on Braga, who were three points ahead before the match began, Benfica needed a victory against Vitória de Guimarães on Saturday night.

Their impeccable form gave them the initial advantage, with Aimar scoring from a fast counterattack after seventeen minutes.

Nuno Assis levelled the score a quarter of an hour later with a well placed shot out of Quim's reach. The scores remained level at half time.

Carlos Martins scored two goals in the first fifteen minutes of the second half, the first resulting from a fine assist by Aimar and the second was a cracking shot that flew past Nilsson, who did not have the slightest chance of saving it. The match ended 3-1 for Benfica.

With the Liga Sagres well past the halfway mark, Braga remain first, ahead of Benfica, with both teams on 42 points, followed by FC Porto (36 points) and Sporting (27 points).

Portugal chooses mountain resort to be World Cup training camp

National football manager Carlos Queiroz said this week that the town of Covilha, nestling in Portugal's Serra da Estrela

mountain range, will probably be the base for his squad's warm up for the FIFA World Cup in South Africa.

Carlos Queiroz was in Covilha for talks with the local mayor in one of the hotels that will probably be used by his players.

He said the Portuguese Football Federation and Covilha's mayor will give their final blessing to the training camp location once a few details are finalised.

Portugal will play a friendly against local team Sporting da Covilha, currently in the second tier of the Portuguese League, in

the town's principal sports arena, said the Portuguese football chief.

Covilha Mayor Carlos Pinto, in turn, said the Portuguese squad will stay at the Hotel Turismo as well as the Hotel Penhas da Saude at 1,200 metres above sea level. Many World Cup games in South Africa are scheduled for venues at altitude, though all three of Portugal's qualifying group matches will be played at sea level.

TPN/Lusa

Hosting 2018 Ryder Cup would be "fantastic" - No 1 golfer

Portugal is among six European countries hoping to stage the 2018 Ryder Cup and hosting the clash between America and Europe's best golfers would raise the game's profile here hugely, top Portuguese golfer Filipe Lima said last Friday.

Lima, the only full-time Portuguese on the European Tour, said his country has enough courses and organisational ca-

capacity to successfully hold the Ryder Cup in eight year's time. He said France is a frontrunner to host the 2018 event due to its large financial resources.

Spain, Germany, the Netherlands and Sweden are the other candidates for the biennial Ryder Cup and bids must be presented by April 30, with the final decision being made next year.

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Portuguese skier only amateur at Winter Olympics

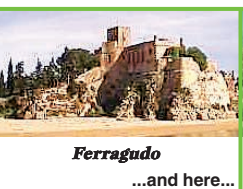
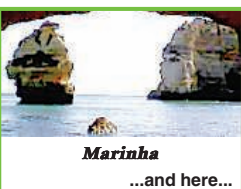
Portuguese skier Danny Silva is unique among the 310 athletes heading for this month's Vancouver Winter Olympics. He is the only amateur to have qualified.

Danny Silva, 36, told the Lusa News Agency he has moved to Finland to work after being left jobless in Portugal. He also said he has not received all of the Olympic training grant due to him. The Portuguese Olympic Committee, however, said Silva has been given all the

financial assistance that he was due.

The skier said he has only received €8,000 over four years to prepare for Vancouver, for which he reached minimum qualification times during a cross-country event last August in New Zealand.

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